



17. Lorsch Triathlon

Lorsch / 21.08.2022

□□□□

Nina Hahn

□□□: 1:50:56

□□: 100

□□: 25.50 km

Lorsch Triathlon 0,5-20,0-5,0

□□□□□/□□□: 274 (of 279)

□□□□□/□: 68 (of 69)

□□□□□□: 1:06:39

□□□□:

Seniorinnen 3 (TW 50)

□□□□□: 10(of 10)

□□□□□□□: 1:11:58

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	14:25	28:49	9	4:23	64	6:39	0.50	14:25	28:49	11	4:23	70	6:39
Wechsel S -> R	-	2:49	-	6	0:44	31	1:07	0.50	17:14	34:28	11	4:59	70	7:18
Schwimmen □□□	0.50	17:14	34:28	11	4:59	70	7:18	0.50	17:14	34:28	11	4:59	70	7:18
Rad netto	20.00	55:16	2:45	10	18:08	67	20:09	20.50	1:12:30	3:32	11	23:01	67	27:06
Wechsel R -> L	-	0:58	-	4	0:20	27	0:20	20.50	1:13:28	3:35	11	23:08	67	27:06
Rad □□□	20.00	56:14	2:48	10	18:09	67	20:09	20.50	1:13:28	3:35	11	23:08	67	27:06
Lauf Ziel	5.00	37:28	7:29	10	15:50	69	17:11	25.50	1:50:56	4:21	10	38:58	68	44:17