



17. Lorsch Triathlon

Lorsch / 21.08.2022

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Isabell Schärf-Miehe

□□□: 1:35:50

□□: 91

□□: 25.50 km

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

□□□□□/□□□: 257 (of 279)

□□□□□/□: 59 (of 69)

□□□□□□: 1:06:39

□□□□:

Seniorinnen 4 (TW 55)

□□□□□: 2(of 3)

□□□□□□□: 1:27:23

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 11:46 | 23:32 | 1 | - | 27 | 4:00 | 0.50 | 11:46 | 23:32 | 1 | - | 70 | 4:00 | |
| Wechsel S -> R | - | 3:06 | - | 2 | 0:30 | 40 | 1:24 | 0.50 | 14:52 | 29:44 | 1 | - | 70 | 4:56 | |
| Schwimmen □□□ | 0.50 | 14:52 | 29:44 | 1 | - | 70 | 4:56 | 0.50 | 14:52 | 29:44 | 1 | - | 70 | 4:56 | |
| Rad netto | 20.00 | 46:31 | 2:19 | 2 | 4:56 | 61 | 11:24 | 20.50 | 1:01:23 | 2:59 | 2 | 4:17 | 55 | 15:59 | |
| Wechsel R -> L | - | 0:44 | - | 1 | - | 6 | 0:06 | 20.50 | 1:02:07 | 3:01 | 2 | 3:28 | 53 | 15:45 | |
| Rad □□□ | 20.00 | 47:15 | 2:21 | 2 | 4:07 | 60 | 11:10 | 20.50 | 1:02:07 | 3:01 | 2 | 3:28 | 53 | 15:45 | |
| Lauf Ziel | 5.00 | 33:43 | 6:44 | 2 | 4:59 | 62 | 13:26 | 25.50 | 1:35:50 | 3:45 | 2 | 8:27 | 59 | 29:11 | |