



# 17. Lorsche Triathlon

Lorsch / 21.08.2022

□□□□

Ursula Schäfer

□□□: 1:41:34

□□: TSG Weinheim

□□: 85

□□: 25.50 km

Lorsche Triathlon 0,5-20,0-5,0

□□□□□/□□□: 266 (of 279)

□□□□□/□: 63 (of 69)

□□□□□□: 1:06:39

□□□□:

Seniorinnen 7 (TW 70)

□□□□□: 1(of 1)

□□□□□□□: 1:41:34

□□□□

□□□□

□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50     | 13:15    | 26:30        | 1       | -       | 54      | 5:29    | 0.50  | 13:15     | 26:30         | 1       | -       | 70      | 5:29    |
| Wechsel S -> R | -        | 3:52     | -            | 1       | -       | 57      | 2:10    | 0.50  | 17:07     | 34:14         | 1       | -       | 70      | 7:11    |
| Schwimmen □□□  | 0.50     | 17:07    | 34:14        | 1       | -       | 70      | 7:11    | 0.50  | 17:07     | 34:14         | 1       | -       | 70      | 7:11    |
| Rad netto      | 20.00    | 45:20    | 2:15         | 1       | -       | 58      | 10:13   | 20.50 | 1:02:27   | 3:02          | 1       | -       | 57      | 17:03   |
| Wechsel R -> L | -        | 2:09     | -            | 1       | -       | 68      | 1:31    | 20.50 | 1:04:36   | 3:09          | 1       | -       | 60      | 18:14   |
| Rad □□□        | 20.00    | 47:29    | 2:22         | 1       | -       | 61      | 11:24   | 20.50 | 1:04:36   | 3:09          | 1       | -       | 60      | 18:14   |
| Lauf Ziel      | 5.00     | 36:58    | 7:23         | 1       | -       | 68      | 16:41   | 25.50 | 1:41:34   | 3:58          | 1       | -       | 63      | 34:55   |