



# 17. Lorsch Triathlon

Lorsch / 21.08.2022

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Julia Klauß

□□□: 1:17:40

□□: 20

□□: 25.50 km

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

□□□□□/□□□: 108 (of 279)

□□□□□/□: 13 (of 69)

□□□□□□: 1:06:39

□□□□:

weibliche AK 3 (TW 30)

□□□□□: 2(of 4)

□□□□□□□: 1:10:52

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50     | 11:40    | 23:19        | 2       | 2:36    | 25      | 3:54    | 0.50  | 11:40     | 23:19     | 5             | 2:36    | 70      | 3:54    |         |
| Wechsel S -> R | -        | 2:37     | -            | 2       | 0:45    | 23      | 0:55    | 0.50  | 14:17     | 28:33     | 5             | 3:21    | 70      | 4:21    |         |
| Schwimmen □□□  | 0.50     | 14:17    | 28:33        | 5       | 3:21    | 70      | 4:21    | 0.50  | 14:17     | 28:33     | 5             | 3:21    | 70      | 4:21    |         |
| Rad netto      | 20.00    | 37:34    | 1:52         | 2       | 1:33    | 7       | 2:27    | 20.50 | 51:51     | 2:31      | 5             | 4:54    | 70      | 6:27    |         |
| Wechsel R -> L | -        | 1:06     | -            | 2       | 0:28    | 34      | 0:28    | 20.50 | 52:57     | 2:34      | 5             | 4:53    | 70      | 6:35    |         |
| Rad □□□        | 20.00    | 38:40    | 1:55         | 2       | 1:32    | 9       | 2:35    | 20.50 | 52:57     | 2:34      | 5             | 4:53    | 70      | 6:35    |         |
| Lauf Ziel      | 5.00     | 24:43    | 4:56         | 2       | 1:55    | 14      | 4:26    | 25.50 | 1:17:40   | 3:02      | 2             | 6:48    | 13      | 11:01   |         |