



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Ines Bertlich

000: 1:24:26

00: 78

00: 25.50 km

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

00000/000: 180 (of 279)

00000/0: 32 (of 69)

000000: 1:06:39

0000:

weibliche AK 3 (TW 30)

00000: 4(of 4)

0000000: 1:10:52

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	13:07	26:14	4	4:03	52	5:21	0.50	13:07	26:14	4	4:03	70	5:21
Wechsel S -> R	-	4:01	-	4	2:09	61	2:19	0.50	17:08	34:15	4	6:12	70	7:12
Schwimmen 000	0.50	17:08	34:15	4	6:12	70	7:12	0.50	17:08	34:15	4	6:12	70	7:12
Rad netto	20.00	41:03	2:03	4	5:02	37	5:56	20.50	58:11	2:50	4	11:14	41	12:47
Wechsel R -> L	-	1:15	-	4	0:37	44	0:37	20.50	59:26	2:53	4	11:22	42	13:04
Rad 000	20.00	42:18	2:06	4	5:10	37	6:13	20.50	59:26	2:53	4	11:22	42	13:04
Lauf Ziel	5.00	25:00	5:00	3	2:12	15	4:43	25.50	1:24:26	3:18	4	13:34	32	17:47