



17. Lorsch Triathlon

Lorsch / 21.08.2022

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Ramona Kaufmann

□□□: 1:29:25

□□: 258

□□: 25.50 km

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

□□□□□/□□□: 219 (of 279)

□□□□□/□: 48 (of 69)

□□□□□□: 1:06:39

□□□□:

weibliche AK 4 (TW 35)

□□□□□: 6(of 7)

□□□□□□□: 1:14:15

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 12:50 | 25:40 | 5 | 3:50 | 43 | 5:04 | 0.50 | 12:50 | 25:40 | 8 | 3:50 | 70 | 5:04 | |
| Wechsel S -> R | - | 3:09 | - | 6 | 0:46 | 42 | 1:27 | 0.50 | 15:59 | 31:57 | 8 | 4:28 | 70 | 6:03 | |
| Schwimmen □□□ | 0.50 | 15:59 | 31:57 | 8 | 4:28 | 70 | 6:03 | 0.50 | 15:59 | 31:57 | 8 | 4:28 | 70 | 6:03 | |
| Rad netto | 20.00 | 44:36 | 2:13 | 7 | 5:42 | 53 | 9:29 | 20.50 | 1:00:35 | 2:57 | 8 | 9:59 | 70 | 15:11 | |
| Wechsel R -> L | - | 0:59 | - | 6 | 0:13 | 29 | 0:21 | 20.50 | 1:01:34 | 3:00 | 8 | 10:05 | 70 | 15:12 | |
| Rad □□□ | 20.00 | 45:35 | 2:16 | 7 | 5:54 | 54 | 9:30 | 20.50 | 1:01:34 | 3:00 | 8 | 10:05 | 70 | 15:12 | |
| Lauf Ziel | 5.00 | 27:51 | 5:34 | 5 | 6:01 | 39 | 7:34 | 25.50 | 1:29:25 | 3:30 | 6 | 15:10 | 48 | 22:46 | |