



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Tanja van der Beeck

000: 1:23:27

00: 82

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 199 (of 343)

00000/0: 29 (of 81)

000000: 1:05:08

0000:

Seniorinnen 3 (TW 50)

00000: 2(of 11)

0000000: 1:16:55

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	12:17	24:33	5	2:31	47	9:17	0.50	12:17	24:33	5	2:31	47	9:17
Wechsel S -> R	-	3:20	-	7	0:53	57	3:20	0.50	15:37	31:14	12	2:38	48	15:12
Schwimmen 000	0.50	15:37	31:14	12	2:38	48	15:12	0.50	15:37	31:14	12	2:38	48	15:12
Rad netto	20.00	40:50	2:02	4	3:30	30	6:49	20.50	56:27	2:45	4	6:04	36	15:42
Wechsel R -> L	-	1:01	-	2	0:19	32	0:28	20.50	57:28	2:48	4	6:03	36	14:50
Rad 000	20.00	41:51	2:05	3	3:29	28	6:52	20.50	57:28	2:48	4	6:03	36	14:50
Lauf Ziel	5.00	25:59	5:11	4	0:31	32	25:59	25.50	1:23:27	3:16	2	6:32	29	18:19