



18 Lorsch Triathlon

Lorsch / 13.08.2023

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Anna Hammel

□□□: 1:07:24

□□: Awake Personal Training

□□: 135

□□: 25.50 km

Lorsch Triathlon 0,5-20,5,0

□□□□□/□□□: 31 (of 343)

□□□□□/□: 3 (of 81)

□□□□□□: 1:05:08

□□□□:

weibliche AK 2 (TW 25)

□□□□□: 1(of 13)

□□□□□□□: 1:07:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	8:00	16:00	2	0:07	3	5:00	0.50	8:00	16:00	14	0:07	82	5:00
Wechsel S -> R	-	2:12	-	2	0:12	10	2:12	0.50	10:12	20:23	14	0:19	82	9:47
Schwimmen □□□	0.50	10:12	20:23	14	0:19	82	9:47	0.50	10:12	20:23	14	0:19	82	9:47
Rad netto	20.00	36:13	1:48	1	-	4	2:12	20.50	46:25	2:15	1	-	82	5:40
Wechsel R -> L	-	0:55	-	5	0:22	25	0:22	20.50	47:20	2:18	1	-	82	4:42
Rad □□□	20.00	37:08	1:51	1	-	4	2:09	20.50	47:20	2:18	1	-	82	4:42
Lauf Ziel	5.00	20:04	4:00	1	-	4	20:04	25.50	1:07:24	2:38	1	-	3	2:16