



18 Lorsch Triathlon

Lorsch / 13.08.2023

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Ute Grünebaum

□□□: 1:21:46

□□: 367

□□: 25.50 km

Lorsch Triathlon 0,5-20,5,0

□□□□□/□□□: 184 (of 343)

□□□□□/□: 24 (of 81)

□□□□□□: 1:05:08

□□□□:

weibliche AK 2 (TW 25)

□□□□□: 5(of 13)

□□□□□□□: 1:07:24

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 12:38 | 25:15 | 8 | 4:45 | 51 | 9:38 | 0.50 | 12:38 | 25:15 | 14 | 4:45 | 82 | 9:38 |
| Wechsel S -> R | - | 2:48 | - | 7 | 0:48 | 38 | 2:48 | 0.50 | 15:26 | 30:52 | 14 | 5:33 | 82 | 15:01 |
| Schwimmen □□□ | 0.50 | 15:26 | 30:52 | 14 | 5:33 | 82 | 15:01 | 0.50 | 15:26 | 30:52 | 14 | 5:33 | 82 | 15:01 |
| Rad netto | 20.00 | 38:59 | 1:56 | 5 | 2:46 | 21 | 4:58 | 20.50 | 54:25 | 2:39 | 14 | 8:00 | 82 | 13:40 |
| Wechsel R -> L | - | 1:17 | - | 8 | 0:44 | 53 | 0:44 | 20.50 | 55:42 | 2:43 | 14 | 8:22 | 82 | 13:04 |
| Rad □□□ | 20.00 | 40:16 | 2:00 | 5 | 3:08 | 21 | 5:17 | 20.50 | 55:42 | 2:43 | 14 | 8:22 | 82 | 13:04 |
| Lauf Ziel | 5.00 | 26:04 | 5:12 | 5 | 6:00 | 33 | 26:04 | 25.50 | 1:21:46 | 3:12 | 5 | 14:22 | 24 | 16:38 |