



18 Lorsch Triathlon

Lorsch / 13.08.2023

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Stephanie Waglöhner

□□□: 1:05:49

□□: SG Nußloch

□□: 98

□□: 25.50 km

Lorsch Triathlon 0,5-20,5,0

□□□□□/□□□: 20 (of 343)

□□□□□/□: 2 (of 81)

□□□□□□: 1:05:08

□□□□:

weibliche AK 3 (TW 30)

□□□□□: 1(of 10)

□□□□□□□: 1:05:49

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 9:45 | 19:30 | 2 | 0:40 | 8 | 6:45 | 0.50 | 9:45 | 19:30 | 11 | 0:40 | 8 | 6:45 |
| Wechsel S -> R | - | 1:28 | - | 1 | - | 2 | 1:28 | 0.50 | 11:13 | 22:26 | 11 | 0:31 | 6 | 10:48 |
| Schwimmen □□□ | 0.50 | 11:13 | 22:26 | 11 | 0:31 | 6 | 10:48 | 0.50 | 11:13 | 22:26 | 11 | 0:31 | 6 | 10:48 |
| Rad netto | 20.00 | 34:25 | 1:43 | 1 | - | 2 | 0:24 | 20.50 | 45:38 | 2:13 | 11 | 0:20 | 4 | 4:53 |
| Wechsel R -> L | - | 0:47 | - | 2 | 0:01 | 10 | 0:14 | 20.50 | 46:25 | 2:15 | 11 | 0:11 | 4 | 3:47 |
| Rad □□□ | 20.00 | 35:12 | 1:45 | 1 | - | 2 | 0:13 | 20.50 | 46:25 | 2:15 | 11 | 0:11 | 4 | 3:47 |
| Lauf Ziel | 5.00 | 19:24 | 3:52 | 1 | - | 2 | 19:24 | 25.50 | 1:05:49 | 2:34 | 1 | - | 2 | 0:41 |