



18 Lorsche Triathlon

Lorsch / 13.08.2023

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Kristin Hofmann

□□□: 1:09:20

□□: 136

□□: 25.50 km

Lorsch Triathlon 0,5-20,5,0

□□□□□/□□□: 49 (of 343)

□□□□□/□: 4 (of 81)

□□□□□□: 1:05:08

□□□□:

weibliche AK 3 (TW 30)

□□□□□: 2(of 10)

□□□□□□□: 1:05:49

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 9:05 | 18:10 | 1 | - | 5 | 6:05 | 0.50 | 9:05 | 18:10 | 1 | - | 82 | 6:05 |
| Wechsel S -> R | - | 1:37 | - | 2 | 0:09 | 4 | 1:37 | 0.50 | 10:42 | 21:23 | 1 | - | 82 | 10:17 |
| Schwimmen □□□ | 0.50 | 10:42 | 21:23 | 1 | - | 82 | 10:17 | 0.50 | 10:42 | 21:23 | 1 | - | 82 | 10:17 |
| Rad netto | 20.00 | 34:36 | 1:43 | 2 | 0:11 | 3 | 0:35 | 20.50 | 45:18 | 2:12 | 1 | - | 82 | 4:33 |
| Wechsel R -> L | - | 0:56 | - | 5 | 0:10 | 26 | 0:23 | 20.50 | 46:14 | 2:15 | 1 | - | 82 | 3:36 |
| Rad □□□ | 20.00 | 35:32 | 1:46 | 2 | 0:20 | 3 | 0:33 | 20.50 | 46:14 | 2:15 | 1 | - | 82 | 3:36 |
| Lauf Ziel | 5.00 | 23:06 | 4:37 | 4 | 3:42 | 15 | 23:06 | 25.50 | 1:09:20 | 2:43 | 2 | 3:31 | 4 | 4:12 |