



18 Lorsch Triathlon

Lorsch / 13.08.2023

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Johanna Christof

□□□: 1:23:10

□□: 12

□□: 25.50 km

Lorsch Triathlon 0,5-20,5,0

□□□□□/□□□: 192 (of 343)

□□□□□/□: 27 (of 81)

□□□□□□: 1:05:08

□□□□:

weibliche AK 3 (TW 30)

□□□□□: 5(of 10)

□□□□□□□: 1:05:49

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 11:04 | 22:07 | 4 | 1:59 | 25 | 8:04 | 0.50 | 11:04 | 22:07 | 11 | 1:59 | 82 | 8:04 |
| Wechsel S -> R | - | 2:42 | - | 5 | 1:14 | 32 | 2:42 | 0.50 | 13:46 | 27:32 | 11 | 3:04 | 28 | 13:21 |
| Schwimmen □□□ | 0.50 | 13:46 | 27:32 | 11 | 3:04 | 28 | 13:21 | 0.50 | 13:46 | 27:32 | 11 | 3:04 | 28 | 13:21 |
| Rad netto | 20.00 | 39:51 | 1:59 | 4 | 5:26 | 24 | 5:50 | 20.50 | 53:37 | 2:36 | 11 | 8:19 | 82 | 12:52 |
| Wechsel R -> L | - | 1:44 | - | 9 | 0:58 | 70 | 1:11 | 20.50 | 55:21 | 2:42 | 11 | 9:07 | 82 | 12:43 |
| Rad □□□ | 20.00 | 41:35 | 2:04 | 4 | 6:23 | 26 | 6:36 | 20.50 | 55:21 | 2:42 | 11 | 9:07 | 82 | 12:43 |
| Lauf Ziel | 5.00 | 27:49 | 5:33 | 9 | 8:25 | 48 | 27:49 | 25.50 | 1:23:10 | 3:15 | 5 | 17:21 | 27 | 18:02 |