



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Kite IT Frauen-Power

00: Kite IT

00: 393

00: 25.50 km

Triathlonstaffel

0000:

Damen-Staffel

000: 1:29:03

00: 16.84 km/h

0000: 3:29 min/km

00000: 42 (of 45)

000000: 58:50

00000: 7(of 8)

0000000: 1:11:21

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen nett	0.50	13:43	27:26	6	5:43	38	7:39	0.50	13:43	27:26	6	5:43	38	7:39
Wechsel S -> R	-	1:58	-	7	0:25	40	0:44	0.50	15:41	-	6	6:00	37	6:57
Rad netto	20.00	41:18	2:03	6	1:53	37	10:59	20.50	56:59	2:46	4	7:53	34	17:39
Wechsel R -> L	-	0:42	-	8	0:15	38	0:16	20.50	57:41	-	4	7:58	34	17:47
Lauf	5.00	31:22	6:16	8	9:44	44	14:29	25.50	1:29:03	3:29	7	17:42	42	30:13