



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

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Francesca Fragapane

□□□: 1:23:56

□□: 101

□□: 25.50 km

Lorsch Triathlon

□□□□□/□□□: 228 (of 354)

□□□□□/□: 45 (of 100)

□□□□□□: 1:02:58

□□□□:

Seniorinnen 1 (TW 40)

□□□□□: 6(of 12)

□□□□□□□: 1:11:10

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50     | 12:59    | 25:57        | 10      | 3:10    | 77      | 5:57    | 0.50  | 12:59     | 25:57         | 13      | 3:10    | 101     | 5:57    |
| Wechsel S -> R | -        | 2:18     | -            | 4       | 0:41    | 15      | 0:47    | 0.50  | 15:17     | 30:33         | 13      | 3:11    | 53      | 5:54    |
| Schwimmen □□□  | 0.50     | 15:17    | 30:33        | 13      | 3:11    | 53      | 5:54    | 0.50  | 15:17     | 30:33         | 13      | 3:11    | 53      | 5:54    |
| Rad netto      | 20.00    | 39:03    | 1:57         | 4       | 1:43    | 23      | 36:14   | 20.50 | 54:20     | 2:39          | 13      | 4:54    | 40      | 39:47   |
| Wechsel R -> L | -        | 1:01     | -            | 6       | 0:17    | 36      | 0:27    | 20.50 | 55:21     | 2:42          | 13      | 4:57    | 34      | 11:06   |
| Rad □□□        | 20.00    | 40:04    | 2:00         | 4       | 1:46    | 22      | 5:12    | 20.50 | 55:21     | 2:42          | 13      | 4:57    | 34      | 11:06   |
| Lauf Ziel      | 5.00     | 28:35    | 5:43         | 9       | 7:49    | 71      | 13:05   | 25.50 | 1:23:56   | 3:17          | 6       | 12:46   | 45      | 20:58   |