



19. Lorsch Triathlon

Lorsch / 18.08.2024

□□□□

Jenny Hänseroth

□□□: 1:05:09

□□: Helaba BSG Triathlon

□□: 105

□□: 25.50 km

Lorsch Triathlon

□□□□□/□□□: 16 (of 354)

□□□□□/□: 2 (of 100)

□□□□□□: 1:02:58

□□□□:

Seniorinnen 2 (TW 45)

□□□□□: 1(of 12)

□□□□□□□: 1:05:09

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 8:49 | 17:37 | 1 | - | 9 | 1:47 | 0.50 | 8:49 | 17:37 | 1 | - | 101 | 1:47 |
| Wechsel S -> R | - | 1:31 | - | 1 | - | 1 | - | 0.50 | 10:20 | 20:40 | 1 | - | 4 | 0:57 |
| Schwimmen □□□ | 0.50 | 10:20 | 20:40 | 1 | - | 4 | 0:57 | 0.50 | 10:20 | 20:40 | 1 | - | 4 | 0:57 |
| Rad netto | 20.00 | 34:41 | 1:44 | 1 | - | 3 | 31:52 | 20.50 | 45:01 | 2:11 | 1 | - | 3 | 30:28 |
| Wechsel R -> L | - | 1:02 | - | 3 | 0:16 | 38 | 0:28 | 20.50 | 46:03 | 2:14 | 1 | - | 2 | 1:48 |
| Rad □□□ | 20.00 | 35:43 | 1:47 | 1 | - | 2 | 0:51 | 20.50 | 46:03 | 2:14 | 1 | - | 2 | 1:48 |
| Lauf Ziel | 5.00 | 19:06 | 3:49 | 1 | - | 3 | 3:36 | 25.50 | 1:05:09 | 2:33 | 1 | - | 2 | 2:11 |