



19. Lorsch Triathlon

Lorsch / 18.08.2024

□□□□

Dunja Bult

□□□: 1:29:50

□□: 103

□□: 25.50 km

Lorsch Triathlon

□□□□□/□□□: 290 (of 354)

□□□□□/□: 70 (of 100)

□□□□□□: 1:02:58

□□□□:

Seniorinnen 2 (TW 45)

□□□□□: 10(of 12)

□□□□□□□: 1:05:09

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 13:15 | 26:30 | 12 | 4:26 | 84 | 6:13 | 0.50 | 13:15 | 26:30 | 12 | 4:26 | 101 | 6:13 |
| Wechsel S -> R | - | 3:46 | - | 11 | 2:15 | 77 | 2:15 | 0.50 | 17:01 | 34:01 | 11 | 6:41 | 82 | 7:38 |
| Schwimmen □□□ | 0.50 | 17:01 | 34:01 | 11 | 6:41 | 82 | 7:38 | 0.50 | 17:01 | 34:01 | 11 | 6:41 | 82 | 7:38 |
| Rad netto | 20.00 | 42:35 | 2:07 | 10 | 7:54 | 60 | 39:46 | 20.50 | 59:36 | 2:54 | 11 | 14:35 | 68 | 45:03 |
| Wechsel R -> L | - | 2:15 | - | 12 | 1:29 | 97 | 1:41 | 20.50 | 1:01:51 | 3:01 | 11 | 15:48 | 74 | 17:36 |
| Rad □□□ | 20.00 | 44:50 | 2:14 | 11 | 9:07 | 65 | 9:58 | 20.50 | 1:01:51 | 3:01 | 11 | 15:48 | 74 | 17:36 |
| Lauf Ziel | 5.00 | 27:59 | 5:35 | 9 | 8:53 | 69 | 12:29 | 25.50 | 1:29:50 | 3:31 | 10 | 24:41 | 70 | 26:52 |