



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Carina Born-Brosy

000: 1:25:35

00: 9

00: 25.50 km

Lorsch Triathlon

00000/000: 251 (of 354)

00000/0: 53 (of 100)

000000: 1:02:58

0000:

Seniorinnen 3 (TW 50)

00000: 7(of 9)

0000000: 1:15:57

0000

0000

000

| 000            | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000   | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50     | 15:05    | 30:10        | 9       | 4:24    | 96      | 8:03    | 0.50  | 15:05     | 30:10         | 10      | 4:24    | 101     | 8:03    |
| Wechsel S -> R | -        | 3:01     | -            | 6       | 0:28    | 55      | 1:30    | 0.50  | 18:06     | 36:12         | 10      | 4:35    | 101     | 8:43    |
| Schwimmen 000  | 0.50     | 18:06    | 36:12        | 10      | 4:35    | 101     | 8:43    | 0.50  | 18:06     | 36:12         | 10      | 4:35    | 101     | 8:43    |
| Rad netto      | 20.00    | 40:44    | 2:02         | 6       | 4:27    | 44      | 37:55   | 20.50 | 58:50     | 2:52          | 7       | 8:32    | 101     | 44:17   |
| Wechsel R -> L | -        | 0:49     | -            | 2       | 0:04    | 22      | 0:15    | 20.50 | 59:39     | 2:54          | 7       | 7:47    | 101     | 15:24   |
| Rad 000        | 20.00    | 41:33    | 2:04         | 6       | 3:42    | 38      | 6:41    | 20.50 | 59:39     | 2:54          | 7       | 7:47    | 101     | 15:24   |
| Lauf Ziel      | 5.00     | 25:56    | 5:11         | 4       | 3:05    | 46      | 10:26   | 25.50 | 1:25:35   | 3:21          | 7       | 9:38    | 53      | 22:37   |