



# 8. Lorsche Triathlon

Lorsch / 28.08.2011

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Kipper, Gisela

000: 1:17:12

00: Ludwugshafener SV 07

00: 142

00: 25.50 km

00000/000: 133 (of 294)

Lorsche Triathlon 0,5-20-5

00000/0: 11 (of 74)

000000: 1:03:24

0000:

00000: 2(of 9)

Seniorinnen 3 (TW 50-54)

0000000: 1:12:53

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	km/h	-	-	0	0	km	00	km/h	-	-	0	0
Schwimmen	0.50	11:12	0.00	3	1:48	22	4:09	0.50	11:12	0.00	10	0:04	75	2:42
Schwimmen 000	0.50	11:12												
Rad	20.00	44:03	27.24	2	5:16	24	8:08	20.50	55:15	21.72	10		75	10:50
Rad 000	20.00	44:03												
Lauf	5.00	21:57	13.67	1	-	7	3:05	25.50	1:17:12	19.43	2	4:19	11	13:48
Lauf 000	25.00	1:17:12												