



9. Lorsch Triathlon

Lorsch / 12.08.2012

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Fischer, Kerstin

000: 1:21:04

00: Bensheim

00: 72

00: 25.75 km

Lorsch Triathlon 0,5-20-5

00000/000: 185 (of 307)

00000/0: 25 (of 56)

000000: 1:04:35

0000:

weibl. AK 1 (TW 20-24)

00000: 4(of 5)

0000000: 1:09:42

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen	0.50	11:58	23:56	4	5:02	31	5:02	0.50	11:58	23:56	6	5:02	51	
Schwimmen 000	0.50	11:58												
Wechsel Schw.-R	0.25	2:23	9:31	4	0:43	17	0:43	0.75	14:21	19:07	6	5:45	51	
Rad	20.00	43:18	2:09	5	6:14	37	9:30	20.75	57:39	2:46	6	11:38	51	
Rad 000	20.25	45:41												
Laufrunde 2,5 kn	2.50	11:43	4:41	2	0:02	10	1:33	23.25	1:09:22	2:59	6	11:33	51	
Lauf	2.50	11:42	4:40	1	-	6	1:31	25.75	1:21:04	3:08	4	11:22	25	16:29
Lauf 000	25.25	1:21:04												