



9. Lorsch Triathlon

Lorsch / 12.08.2012

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Fehrenbach, Nicole

000: 1:26:29

00: Team BODY-ATTACK

00: 56

00: 25.75 km

Lorsch Triathlon 0,5-20-5

00000/000: 231 (of 307)

00000/0: 38 (of 56)

000000: 1:04:35

0000:

00000: 5(of 8)

weibl. AK 4 (TW 35-39)

0000000: 1:04:35

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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	11:19	22:37	4	2:46	24	4:23	0.50	11:19	22:37	4	2:46	2	
Schwimmen 000	0.50	11:19												
Wechsel Schw.-R	0.25	2:31	10:03	3	0:40	21	0:51	0.75	13:50	18:26	4	3:26	2	
Rad	20.00	41:37	2:04	5	7:49	32	7:49	20.75	55:27	2:40	4	11:15	2	
Rad 000	20.25	44:08												
Laufrunde 2,5 kn	2.50	15:24	6:09	7	5:14	48	5:14	23.25	1:10:51	3:02	4	16:29	2	
Lauf	2.50	15:38	6:15	7	5:25	48	5:27	25.75	1:26:29	3:21	5	21:54	38	21:54
Lauf 000	25.25	1:26:29												