



# 9. Lorsch Triathlon

Lorsch / 12.08.2012

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Lyhs, Svenja

000: 1:28:54

00: Küsnacht

00: 76

Enduro E Bike

00000/000: 251 (of 307)

00000/0: 41 (of 56)

000000: 1:04:35

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00000: 6(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	13:08	26:15	7	4:35	47	6:12	0.50	13:08	26:15	5	4:35	4	
Schwimmen 000	0.50	13:08												
Wechsel Schw.-R	0.25	2:48	11:11	5	0:57	27	1:08	0.75	15:56	21:14	5	5:32	4	
Rad	20.00	43:41	2:11	6	9:53	38	9:53	20.75	59:37	2:52	5	15:25	4	
Rad 000	20.25	46:29												
Laufrunde 2,5 kn	2.50	14:29	5:47	5	4:19	43	4:19	23.25	1:14:06	3:11	5	19:44	4	
Lauf	2.50	14:48	5:55	6	4:35	46	4:37	-	1:28:54	-	6	24:19	41	24:19
Lauf 000	0.00	1:28:54												