



10. Lorsch Triathlon

Lorsch / 11.08.2013

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Jürgens, Karen

000: 1:17:29

00: Ginnheimer LT

00: 98

00: 25.75 km

Lorsch Triathlon 0,5-20,0-5,0

00000/000: 180 (of 322)

00000/0: 20 (of 62)

000000: 1:01:23

00000: 3(of 7)

0000000: 1:02:40

0000:

weibl. AK 4 (TW 35-39)

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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	11:44	2.56	5	3:26	37	5:10	0.50	11:44	2.56	8	3:26	62	2:08
Wechsel Schwim	0.20	2:45	4.36	7	1:05	37	1:18	0.70	14:29	2.90	8	4:31	62	2:46
Schwimmen 000	0.70	14:29	2.90	8	4:31	62	2:46	0.70	14:29	2.90	8	4:31	62	2:46
Rad	20.00	35:55	33.41	3	3:34	5	3:37	20.70	50:24	24.64	8	8:05	62	
Wechsel Rad-Lau	0.05	1:25	2.12	5	0:45	48	0:52	20.75	51:49	24.03	8	8:50	62	0:18
Rad 000	20.05	37:20	32.22	3	4:19	7	4:29	20.75	51:49	24.03	8	8:50	62	0:18
Lauf	5.00	25:40	11.69	4	5:59	28	5:59	25.75	1:17:29	19.94	3	14:49	20	16:06