



10. Lorscher Triathlon

Lorsch / 11.08.2013

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Brooks, Jaqueline

000: 1:14:55

00: LT Lorsch

00: 176

00: 25.75 km

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

0000:

Seniorinnen 2 TW 45-49)

00000/000: 138 (of 322)

00000/0: 14 (of 62)

000000: 1:01:23

00000: 4(of 12)

0000000: 1:13:25

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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	9:36	3.13	1	-	8	3:02	0.50	9:36	3.13	13		1	-
Wechsel Schwim	0.20	2:07	5.67	3	0:14	13	0:40	0.70	11:43	3.58	13		1	-
Schwimmen 000	0.70	11:43	3.58	13		1	-	0.70	11:43	3.58	13		1	-
Rad	20.00	38:42	31.01	6	3:12	22	6:24	20.70	50:25	24.63	13	0:24	1	-
Wechsel Rad-Lau	0.05	1:06	2.73	8	0:30	31	0:33	20.75	51:31	24.17	13	0:30	1	-
Rad 000	20.05	39:48	30.23	7	3:23	24	6:57	20.75	51:31	24.17	13	0:30	1	-
Lauf	5.00	23:24	12.82	4	1:00	16	3:43	25.75	1:14:55	20.62	4	1:30	14	13:32