



10. Lorsch Triathlon

Lorsch / 11.08.2013

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Schleifer, Anette

000: 1:25:28

00: LLG Wonnegau

00: 285

00: 25.75 km

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

0000:

weibl. AK 4 (TW 35-39)

00000/000: 254 (of 322)

00000/0: 37 (of 62)

000000: 1:01:23

00000: 5(of 7)

0000000: 1:02:40

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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	14:38	2.05	7	6:20	59	8:04	0.50	14:38	2.05	8	6:20	62	5:02
Wechsel Schwim	0.20	2:41	4.47	6	1:01	35	1:14	0.70	17:19	2.43	8	7:21	62	5:36
Schwimmen 000	0.70	17:19	2.43	8	7:21	62	5:36	0.70	17:19	2.43	8	7:21	62	5:36
Rad	20.00	41:33	28.88	6	9:12	41	9:15	20.70	58:52	21.10	8	16:33	62	8:27
Wechsel Rad-Lau	0.05	1:34	1.91	7	0:54	56	1:01	20.75	1:00:26	20.60	8	17:27	62	8:55
Rad 000	20.05	43:07	27.90	6	10:06	41	10:16	20.75	1:00:26	20.60	8	17:27	62	8:55
Lauf	5.00	25:02	11.98	3	5:21	21	5:21	25.75	1:25:28	18.08	5	22:48	38	24:05