



10. Lorsch Triathlon

Lorsch / 11.08.2013

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Korn-Distel, Anja

000: 1:29:41

00: Skiclub Heppenheim

00: 312

00: 25.75 km

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

00000/000: 282 (of 322)

00000/0: 49 (of 62)

000000: 1:01:23

0000:

00000: 7(of 9)

Seniorinnen 3 (TW 50-54)

0000000: 1:15:51

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	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	12:59	2.31	5	2:46	49	6:25	0.50	12:59	2.31	10	2:00	62	3:23
Wechsel Schwim	0.20	2:58	4.04	5	0:39	40	1:31	0.70	15:57	2.63	10	2:34	62	4:14
Schwimmen 000	0.70	15:57	2.63	10	2:34	62	4:14	0.70	15:57	2.63	10	2:34	62	4:14
Rad	20.00	40:46	29.44	3	2:03	38	8:28	20.70	56:43	21.90	10	4:37	62	6:18
Wechsel Rad-Lau	0.05	1:31	1.98	8	0:32	54	0:58	20.75	58:14	21.38	10	4:53	62	6:43
Rad 000	20.05	42:17	28.45	3	2:19	39	9:26	20.75	58:14	21.38	10	4:53	62	6:43
Lauf	5.00	31:27	9.54	8	8:57	54	11:46	25.75	1:29:41	17.23	7	13:50	50	28:18