



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Niebauer, Claudia

000: 1:02:40

00: 74

00: 25.75 km

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

0000:

weibl. AK 4 (TW 35-39)

00000/000: 12 (of 322)

00000/0: 2 (of 62)

000000: 1:01:23

00000: 1(of 7)

0000000: 1:02:40

0000

0000

000

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	8:18	3.61	1	-	3	1:44	0.50	8:18	3.61	1	-	62	
Wechsel Schwim	0.20	1:40	7.20	1	-	3	0:13	0.70	9:58	4.21	1	-	62	
Schwimmen 000	0.70	9:58	4.21	1	-	62		0.70	9:58	4.21	1	-	62	
Rad	20.00	32:21	37.09	1	-	2	0:03	20.70	42:19	29.35	1	-	62	
Wechsel Rad-Lau	0.05	0:40	4.50	1	-	5	0:07	20.75	42:59	28.96	1	-	62	
Rad 000	20.05	33:01	36.44	1	-	2	0:10	20.75	42:59	28.96	1	-	62	
Lauf	5.00	19:41	15.24	1	-	1	-	25.75	1:02:40	24.65	1	-	2	1:17