



10. Lorsche Triathlon

Lorsch / 11.08.2013

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Kreher, Petra

000: 1:15:51

00: VfL Münster

00: 73

00: 25.75 km

Lorsche Triathlon 0,5-20,0-5,0

00000/000: 156 (of 322)

00000/0: 16 (of 62)

000000: 1:01:23

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00000: 1(of 9)

Seniorinnen 3 (TW 50-54)

0000000: 1:15:51

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	km	00	km/h	-	-	0	0	km	00	km/h	-	-	0	0
Schwimmen	0.50	10:59	2.73	2	0:46	19	4:25	0.50	10:59	2.73	1	-	62	1:23
Wechsel Schwim	0.20	2:24	5.00	2	0:05	21	0:57	0.70	13:23	3.14	1	-	62	1:40
Schwimmen 000	0.70	13:23	3.14	1	-	62	1:40	0.70	13:23	3.14	1	-	62	1:40
Rad	20.00	38:43	30.99	1	-	23	6:25	20.70	52:06	23.84	1	-	62	1:41
Wechsel Rad-Lau	0.05	1:15	2.40	6	0:16	41	0:42	20.75	53:21	23.34	1	-	62	1:50
Rad 000	20.05	39:58	30.10	1	-	26	7:07	20.75	53:21	23.34	1	-	62	1:50
Lauf	5.00	22:30	13.33	1	-	11	2:49	25.75	1:15:51	20.37	1	-	16	14:28