



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Günster, Britta

000: 1:17:02

00: 93

00: 25.75 km

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

0000:

weibl. AK 2 (TW 25-29)

00000/000: 174 (of 322)

00000/0: 19 (of 62)

000000: 1:01:23

00000: 4(of 11)

0000000: 1:12:41

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen	0.50	11:25	2.63	6	2:22	28	4:51	0.50	11:25	2.63	4	0:30	62	1:49
Wechsel Schwim	0.20	2:23	5.03	4	0:24	20	0:56	0.70	13:48	3.04	4	0:54	62	2:05
Schwimmen 000	0.70	13:48	3.04	4	0:54	62	2:05	0.70	13:48	3.04	4	0:54	62	2:05
Rad	20.00	37:28	32.03	2	0:07	15	5:10	20.70	51:16	24.23	4	1:01	62	0:51
Wechsel Rad-Lau	0.05	1:16	2.37	6	0:29	42	0:43	20.75	52:32	23.70	4	1:26	62	1:01
Rad 000	20.05	38:44	31.06	2	0:32	15	5:53	20.75	52:32	23.70	4	1:26	62	1:01
Lauf	5.00	24:30	12.24	4	2:55	19	4:49	25.75	1:17:02	20.06	4	4:21	19	15:39