



10. Lorsch Triathlon

Lorsch / 11.08.2013

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Arndt-Fabian, Dr. Ina

000: 1:18:01

00: SSG Bensheim / TUS Griesheim

00: 53

00: 25.75 km

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

00000/000: 184 (of 322)

00000/0: 21 (of 62)

000000: 1:01:23

0000:

00000: 1(of 6)

Seniorinnen 1 (TW 40-44)

0000000: 1:18:01

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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	10:46	2.79	1	-	15	4:12	0.50	10:46	2.79	1	-	62	1:10
Wechsel Schwim	0.20	2:34	4.68	2	0:32	32	1:07	0.70	13:20	3.15	1	-	62	1:37
Schwimmen 000	0.70	13:20	3.15	1	-	62	1:37	0.70	13:20	3.15	1	-	62	1:37
Rad	20.00	37:55	31.65	1	-	17	5:37	20.70	51:15	24.23	1	-	62	0:50
Wechsel Rad-Lau	0.05	0:58	3.10	1	-	17	0:25	20.75	52:13	23.84	1	-	62	0:42
Rad 000	20.05	38:53	30.94	1	-	16	6:02	20.75	52:13	23.84	1	-	62	0:42
Lauf	5.00	25:48	11.63	1	-	29	6:07	25.75	1:18:01	19.80	1	-	22	16:38