



10. Lorsch Triathlon

Lorsch / 11.08.2013

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Fitt, Antoinette

000: 1:19:37

00: Ski Club Heidelberg

00: 54

00: 25.75 km

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

0000:

Seniorinnen 2 TW 45-49)

00000/000: 200 (of 322)

00000/0: 25 (of 62)

000000: 1:01:23

00000: 8(of 12)

0000000: 1:13:25

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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	11:25	2.63	7	1:49	28	4:51	0.50	11:25	2.63	1	-	62	1:49
Wechsel Schwim	0.20	3:04	3.91	9	1:11	42	1:37	0.70	14:29	2.90	7	0:42	62	2:46
Schwimmen 000	0.70	14:29	2.90	7	0:42	62	2:46	0.70	14:29	2.90	7	0:42	62	2:46
Rad	20.00	38:25	31.24	5	2:55	21	6:07	20.70	52:54	23.48	7	2:53	62	2:29
Wechsel Rad-Lau	0.05	1:35	1.89	12	0:59	57	1:02	20.75	54:29	22.85	7	3:28	62	2:58
Rad 000	20.05	40:00	30.08	9	3:35	28	7:09	20.75	54:29	22.85	7	3:28	62	2:58
Lauf	5.00	25:08	11.94	7	2:44	23	5:27	25.75	1:19:37	19.41	8	6:12	26	18:14