



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Schäfer, Melanie

000: 1:21:50

00: 82

00: 25.75 km

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

0000:

weibl. AK 3 (TW 30-34)

00000/000: 226 (of 322)

00000/0: 32 (of 62)

000000: 1:01:23

00000: 7(of 8)

0000000: 1:11:41

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen	0.50	11:46	2.55	6	2:58	38	5:12	0.50	11:46	2.55	4			62	2:10
Wechsel Schwim	0.20	2:29	4.83	6	0:34	25	1:02	0.70	14:15	2.95	4	0:10		62	2:32
Schwimmen 000	0.70	14:15	2.95	4	0:10	62	2:32	0.70	14:15	2.95	4	0:10		62	2:32
Rad	20.00	40:26	29.68	7	4:04	37	8:08	20.70	54:41	22.71	4	1:51		62	4:16
Wechsel Rad-Lau	0.05	1:04	2.81	6	0:13	27	0:31	20.75	55:45	22.33	4	2:04		62	4:14
Rad 000	20.05	41:30	28.99	7	4:07	36	8:39	20.75	55:45	22.33	4	2:04		62	4:14
Lauf	5.00	26:05	11.50	7	4:18	32	6:24	25.75	1:21:50	18.88	7	10:09		33	20:27