



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Breth, Gaby

000: 1:27:28

00: 75

00: 25.75 km

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

0000:

Seniorinnen 3 (TW 50-54)

00000/000: 266 (of 322)

00000/0: 41 (of 62)

000000: 1:01:23

00000: 4(of 9)

0000000: 1:15:51

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Sportart	km	min	km/h	-	-	min	min	km	min	km/h	-	-	min	min
	km	min	km/h	-	-	min	min	km	min	km/h	-	-	min	min
Schwimmen	0.50	14:32	2.06	9	4:19	56	7:58	0.50	14:32	2.06	4	3:33	62	4:56
Wechsel Schwim	0.20	3:57	3.04	9	1:38	57	2:30	0.70	18:29	2.27	4	5:06	62	6:46
Schwimmen 1000	0.70	18:29	2.27	4	5:06	62	6:46	0.70	18:29	2.27	4	5:06	62	6:46
Rad	20.00	43:02	27.89	6	4:19	47	10:44	20.70	1:01:31	20.19	4	9:25	62	11:06
Wechsel Rad-Lau	0.05	1:59	1.51	9	1:00	59	1:26	20.75	1:03:30	19.61	4	10:09	62	11:59
Rad 1000	20.05	45:01	26.72	7	5:03	49	12:10	20.75	1:03:30	19.61	4	10:09	62	11:59
Lauf	5.00	23:58	12.52	2	1:28	17	4:17	25.75	1:27:28	17.66	4	11:37	42	26:05