



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Rechner, Birgit

000: 1:27:48

00: 94

00: 25.75 km

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

0000:

Seniorinnen 2 TW 45-49)

00000/000: 269 (of 322)

00000/0: 43 (of 62)

000000: 1:01:23

00000: 10(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	11:35	2.59	9	1:59	34	5:01	0.50	11:35	2.59	3	0:10	62	1:59
Wechsel Schwim	0.20	3:26	3.50	10	1:33	48	1:59	0.70	15:01	2.80	8	1:14	62	3:18
Schwimmen 000	0.70	15:01	2.80	8	1:14	62	3:18	0.70	15:01	2.80	8	1:14	62	3:18
Rad	20.00	39:50	30.13	11	4:20	35	7:32	20.70	54:51	22.64	8	4:50	62	4:26
Wechsel Rad-Lau	0.05	0:56	3.21	4	0:20	15	0:23	20.75	55:47	22.32	8	4:46	62	4:16
Rad 000	20.05	40:46	29.51	10	4:21	30	7:55	20.75	55:47	22.32	8	4:46	62	4:16
Lauf	5.00	32:01	9.37	11	9:37	58	12:20	25.75	1:27:48	17.60	10	14:23	44	26:25