



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Pollag, Maria

000: 1:28:08

00: djf kaefertal-waldhof

00: 86

00: 25.75 km

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

00000/000: 271 (of 322)

00000/0: 44 (of 62)

000000: 1:01:23

0000:

00000: 6(of 9)

Seniorinnen 3 (TW 50-54)

0000000: 1:15:51

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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	13:00	2.31	6	2:47	50	6:26	0.50	13:00	2.31	6	2:01	62	3:24
Wechsel Schwim	0.20	2:43	4.42	3	0:24	36	1:16	0.70	15:43	2.67	6	2:20	62	4:00
Schwimmen 000	0.70	15:43	2.67	6	2:20	62	4:00	0.70	15:43	2.67	6	2:20	62	4:00
Rad	20.00	44:01	27.26	8	5:18	50	11:43	20.70	59:44	20.79	6	7:38	62	9:19
Wechsel Rad-Lau	0.05	1:04	2.81	2	0:05	27	0:31	20.75	1:00:48	20.48	6	7:27	62	9:17
Rad 000	20.05	45:05	26.68	8	5:07	50	12:14	20.75	1:00:48	20.48	6	7:27	62	9:17
Lauf	5.00	27:20	10.98	6	4:50	39	7:39	25.75	1:28:08	17.53	6	12:17	45	26:45