



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Koob, Kerstin

000: 1:28:17

00: 83

00: 25.75 km

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

0000:

weibl. AK 4 (TW 35-39)

00000/000: 273 (of 322)

00000/0: 46 (of 62)

000000: 1:01:23

00000: 6(of 7)

0000000: 1:02:40

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	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	12:00	2.50	6	3:42	40	5:26	0.50	12:00	2.50	3	3:42	62	2:24
Wechsel Schwim	0.20	2:32	4.74	4	0:52	30	1:05	0.70	14:32	2.89	3	4:34	62	2:49
Schwimmen 000	0.70	14:32	2.89	3	4:34	62	2:49	0.70	14:32	2.89	3	4:34	62	2:49
Rad	20.00	40:49	29.40	5	8:28	39	8:31	20.70	55:21	22.44	3	13:02	62	4:56
Wechsel Rad-Lau	0.05	1:18	2.31	4	0:38	43	0:45	20.75	56:39	21.98	3	13:40	62	5:08
Rad 000	20.05	42:07	28.56	5	9:06	38	9:16	20.75	56:39	21.98	3	13:40	62	5:08
Lauf	5.00	31:38	9.48	7	11:57	55	11:57	25.75	1:28:17	17.50	6	25:37	47	26:54