



10. Lorsch Triathlon

Lorsch / 11.08.2013

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Ruthe, Heidi

000: 1:28:21

00: 66

00: 25.75 km

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

0000:

weibl. AK 4 (TW 35-39)

00000/000: 275 (of 322)

00000/0: 47 (of 62)

000000: 1:01:23

00000: 7(of 7)

0000000: 1:02:40

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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	11:39	2.58	4	3:21	36	5:05	0.50	11:39	2.58	4	3:21	62	2:03
Wechsel Schwim	0.20	2:33	4.71	5	0:53	31	1:06	0.70	14:12	2.96	4	4:14	62	2:29
Schwimmen 000	0.70	14:12	2.96	4	4:14	62	2:29	0.70	14:12	2.96	4	4:14	62	2:29
Rad	20.00	42:16	28.39	7	9:55	43	9:58	20.70	56:28	22.00	4	14:09	62	6:03
Wechsel Rad-Lau	0.05	1:27	2.07	6	0:47	50	0:54	20.75	57:55	21.50	4	14:56	62	6:24
Rad 000	20.05	43:43	27.52	7	10:42	43	10:52	20.75	57:55	21.50	4	14:56	62	6:24
Lauf	5.00	30:26	9.86	6	10:45	52	10:45	25.75	1:28:21	17.49	7	25:41	48	26:58