



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Wiegand, Petra

000: 1:31:40

00: 72

00: 25.75 km

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

0000:

Seniorinnen 2 TW 45-49)

00000/000: 292 (of 322)

00000/0: 51 (of 62)

000000: 1:01:23

00000: 12(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	14:33	2.06	12	4:57	57	7:59	0.50	14:33	2.06	10	3:08	62	4:57
Wechsel Schwim	0.20	4:00	3.00	12	2:07	59	2:33	0.70	18:33	2.26	10	4:46	62	6:50
Schwimmen 000	0.70	18:33	2.26	10	4:46	62	6:50	0.70	18:33	2.26	10	4:46	62	6:50
Rad	20.00	46:46	25.66	12	11:16	56	14:28	20.70	1:05:19	19.02	10	15:18	62	14:54
Wechsel Rad-Lau	0.05	1:03	2.86	7	0:27	25	0:30	20.75	1:06:22	18.76	10	15:21	62	14:51
Rad 000	20.05	47:49	25.16	12	11:24	56	14:58	20.75	1:06:22	18.76	10	15:21	62	14:51
Lauf	5.00	25:18	11.86	8	2:54	24	5:37	25.75	1:31:40	16.85	12	18:15	52	30:17