



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Gumz, Beate

000: 1:32:31

00: 95

00: 25.75 km

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

00000/000: 295 (of 322)

00000/0: 53 (of 62)

000000: 1:01:23

0000:

Seniorinnen 1 (TW 40-44)

00000: 3(of 6)

0000000: 1:18:01

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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	14:11	2.12	5	3:25	55	7:37	0.50	14:11	2.12	3	3:25	62	4:35
Wechsel Schwim	0.20	3:15	3.69	4	1:13	44	1:48	0.70	17:26	2.41	3	4:06	62	5:43
Schwimmen 000	0.70	17:26	2.41	3	4:06	62	5:43	0.70	17:26	2.41	3	4:06	62	5:43
Rad	20.00	45:38	26.30	3	7:43	54	13:20	20.70	1:03:04	19.69	3	11:49	62	12:39
Wechsel Rad-Lau	0.05	1:27	2.07	4	0:29	50	0:54	20.75	1:04:31	19.30	3	12:18	62	13:00
Rad 000	20.05	47:05	25.55	3	8:12	54	14:14	20.75	1:04:31	19.30	3	12:18	62	13:00
Lauf	5.00	28:00	10.71	3	2:12	46	8:19	25.75	1:32:31	16.70	3	14:30	54	31:08