



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Rüdiger, Michelle

000: 1:53:34

00: 52

00: 25.50 km

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

0000:

weibliche Jugend A (TW 16/17)

00000/000: 304 (of 313)

00000/0: 81 (of 82)

000000: 1:06:42

00000: 3(of 3)

0000000: 1:07:50

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	14:44	2.04	3	7:59	73	7:59	0.50	14:44	2.04	1	-	83	
Wechsel S->R	-	3:37	-	3	2:07	62	2:07	0.50	18:21	1.63	1	-	83	0:03
Schwimmen 000	0.50	18:21	1.63	1	-	83	0:03	0.50	18:21	1.63	1	-	83	0:03
ZZ Rad	5.75	11:15	30.67	3	3:28	82	3:55	6.25	29:36	12.67	1	-	83	1:36
ZZ Rad	4.25	15:57	15.99	3	4:58	80	5:54	10.50	45:33	13.83	1	-	83	4:42
ZZ Rad	4.25	16:01	15.92	3	4:56	80	5:58	14.75	1:01:34	14.37	1	-	83	8:04
Rad Ziel	5.75	12:51	26.85	3	4:05	79	4:53	20.50	1:14:25	16.53	1	-	83	10:42
Rad 0	20.00	56:04	21.40	3	17:27	81	20:40	20.50	1:14:25	16.53	1	-	83	10:42
Wechsel R->L	-	0:50	-	3	0:15	6	0:15	20.50	1:15:15	16.35	1	-	83	10:31
Rad 000	20.00	56:54	21.09	3	17:42	80	20:49	20.50	1:15:15	16.35	1	-	83	10:31
ZZ Lauf	2.50	18:09	8.26	3	8:12	80	9:16	23.00	1:33:24	14.78	1	-	83	15:52
Lauf Ziel	2.50	20:10	7.44	3	9:44	80	10:55	25.50	1:53:34	13.47	3	45:44	81	46:52
Lauf 000	5.00	38:19	7.83	3	17:56	80	20:11	25.50	1:53:34	13.47	3	45:44	81	46:52