



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Keinert, Gabriele

000: 1:31:36

00: DJK Käfertal-Waldhof

00: 185

00: 25.50 km

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

0000:

Seniorinnen 4 (TW 55)

00000/000: 246 (of 313)

00000/0: 53 (of 82)

000000: 1:06:42

00000: 2(of 3)

0000000: 1:29:55

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	15:07	1.98	3	3:58	74	8:22	0.50	15:07	1.98	2	3:58	1	-
Wechsel S->R	-	3:11	-	1	-	53	1:41	0.50	18:18	1.64	2	3:31	1	-
Schwimmen 000	0.50	18:18	1.64	2	3:31	1	-	0.50	18:18	1.64	2	3:31	1	-
ZZ Rad	5.75	9:42	35.57	3	0:48	66	2:22	6.25	28:00	13.39	2	4:19	1	-
ZZ Rad	4.25	12:51	19.84	2	0:37	49	2:48	10.50	40:51	15.42	2	4:56	1	-
ZZ Rad	4.25	12:39	20.16	2	0:24	45	2:36	14.75	53:30	16.54	2	5:20	1	-
Rad Ziel	5.75	10:13	33.77	1	-	47	2:15	20.50	1:03:43	19.30	2	5:19	1	-
Rad 0	20.00	45:25	26.42	2	1:48	54	10:01	20.50	1:03:43	19.30	2	5:19	1	-
Wechsel R->L	-	1:01	-	1	-	26	0:26	20.50	1:04:44	19.00	2	0:59	1	-
Rad 000	20.00	46:26	25.84	1	-	49	10:21	20.50	1:04:44	19.00	2	0:59	1	-
ZZ Lauf	2.50	12:48	11.72	2	0:03	36	3:55	23.00	1:17:32	17.80	2	1:02	1	-
Lauf Ziel	2.50	14:04	10.66	2	0:39	43	4:49	25.50	1:31:36	16.70	2	1:41	53	24:54
Lauf 000	5.00	26:52	11.17	2	0:42	37	8:44	25.50	1:31:36	16.70	2	1:41	53	24:54