



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Fuchs, Elvira

000: 1:39:45

00: 145

00: 25.50 km

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

0000:

Seniorinnen 5 (TW 60)

00000/000: 288 (of 313)

00000/0: 73 (of 82)

000000: 1:06:42

00000: 1(of 2)

0000000: 1:39:45

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	13:32	2.22	1	-	62	6:47	0.50	13:32	2.22	1	-	-	8	
Wechsel S->R	-	4:10	-	1	-	73	2:40	0.50	17:42	1.69	1	-	-	8	
Schwimmen 000	0.50	17:42	1.69	1	-	8		0.50	17:42	1.69	1	-	-	8	
ZZ Rad	5.75	9:57	34.67	1	-	72	2:37	6.25	27:39	13.56	1	-	-	8	
ZZ Rad	4.25	13:41	18.64	1	-	69	3:38	10.50	41:20	15.24	1	-	-	8	0:29
ZZ Rad	4.25	13:41	18.64	1	-	69	3:38	14.75	55:01	16.09	1	-	-	8	1:31
Rad Ziel	5.75	11:12	30.80	1	-	72	3:14	20.50	1:06:13	18.58	1	-	-	8	2:30
Rad 0	20.00	48:31	24.73	1	-	72	13:07	20.50	1:06:13	18.58	1	-	-	8	2:30
Wechsel R->L	-	1:50	-	2	0:05	73	1:15	20.50	1:08:03	18.07	1	-	-	8	3:19
Rad 000	20.00	50:21	23.83	1	-	74	14:16	20.50	1:08:03	18.07	1	-	-	8	3:19
ZZ Lauf	2.50	15:23	9.75	1	-	67	6:30	23.00	1:23:26	16.54	1	-	-	8	5:54
Lauf Ziel	2.50	16:19	9.19	1	-	67	7:04	25.50	1:39:45	15.34	1	-	-	73	33:03
Lauf 000	5.00	31:42	9.46	1	-	67	13:34	25.50	1:39:45	15.34	1	-	-	73	33:03