



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Thomas, Anna

000: 1:38:14

00: 223

00: 25.50 km

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

0000:

weibliche AK 2 (TW 25)

00000/000: 285 (of 313)

00000/0: 71 (of 82)

000000: 1:06:42

00000: 8(of 8)

0000000: 1:15:15

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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	17:24	1.72	8	6:42	79	10:39	0.50	17:24	1.72	9	3:54	83	2:17
Wechsel S->R	-	3:08	-	8	1:08	50	1:38	0.50	20:32	1.46	9	4:53	83	2:14
Schwimmen 000	0.50	20:32	1.46	9	4:53	83	2:14	0.50	20:32	1.46	9	4:53	83	2:14
ZZ Rad	5.75	9:56	34.73	8	2:02	71	2:36	6.25	30:28	12.31	9	6:20	83	2:28
ZZ Rad	4.25	14:22	17.75	8	3:28	76	4:19	10.50	44:50	14.05	9	8:58	83	3:59
ZZ Rad	4.25	14:34	17.51	8	3:54	77	4:31	14.75	59:24	14.90	9	11:59	83	5:54
Rad Ziel	5.75	11:17	30.58	8	2:45	74	3:19	20.50	1:10:41	17.40	9	13:45	83	6:58
Rad 0	20.00	50:09	23.93	8	12:07	76	14:45	20.50	1:10:41	17.40	9	13:45	83	6:58
Wechsel R->L	-	1:31	-	8	0:25	61	0:56	20.50	1:12:12	17.04	9	14:10	83	7:28
Rad 000	20.00	51:40	23.23	8	12:25	76	15:35	20.50	1:12:12	17.04	9	14:10	83	7:28
ZZ Lauf	2.50	12:49	11.70	5	2:28	37	3:56	23.00	1:25:01	16.23	9	14:21	83	7:29
Lauf Ziel	2.50	13:13	11.35	5	2:28	31	3:58	25.50	1:38:14	15.58	8	22:59	71	31:32
Lauf 000	5.00	26:02	11.52	5	4:49	33	7:54	25.50	1:38:14	15.58	8	22:59	71	31:32