



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Köhler, Gabi

000: 1:32:23

00: 282

00: 25.50 km

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

0000:

Seniorinnen 3 (TW 50)

00000/000: 250 (of 313)

00000/0: 56 (of 82)

000000: 1:06:42

00000: 10(of 13)

0000000: 1:16:20

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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	13:57	2.15	11	2:20	67	7:12	0.50	13:57	2.15	14	2:02	83	
Wechsel S->R	-	4:17	-	13	2:20	75	2:47	0.50	18:14	1.65	14	3:34	83	
Schwimmen 000	0.50	18:14	1.65	14	3:34	83		0.50	18:14	1.65	14	3:34	83	
ZZ Rad	5.75	8:50	39.06	4	0:51	32	1:30	6.25	27:04	13.85	14	3:16	83	
ZZ Rad	4.25	12:24	20.56	6	1:39	41	2:21	10.50	39:28	15.96	14	3:24	83	
ZZ Rad	4.25	12:14	20.84	6	1:19	36	2:11	14.75	51:42	17.12	14	3:30	83	
Rad Ziel	5.75	9:45	35.38	6	0:59	37	1:47	20.50	1:01:27	20.02	14	3:48	83	
Rad 0	20.00	43:13	27.77	6	4:48	35	7:49	20.50	1:01:27	20.02	14	3:48	83	
Wechsel R->L	-	1:58	-	12	0:58	75	1:23	20.50	1:03:25	19.40	14	4:01	83	
Rad 000	20.00	45:11	26.56	6	5:44	42	9:06	20.50	1:03:25	19.40	14	4:01	83	
ZZ Lauf	2.50	14:15	10.53	10	3:36	60	5:22	23.00	1:17:40	17.77	14	5:29	83	0:08
Lauf Ziel	2.50	14:43	10.19	11	3:40	55	5:28	25.50	1:32:23	16.56	10	16:03	56	25:41
Lauf 000	5.00	28:58	10.36	10	7:16	59	10:50	25.50	1:32:23	16.56	10	16:03	56	25:41