



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Günster, Britta

000: 1:23:58

00: 298

00: 25.50 km

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

0000:

weibliche AK 2 (TW 25)

00000/000: 185 (of 313)

00000/0: 29 (of 82)

000000: 1:06:42

00000: 5(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	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	12:13	2.46	6	1:31	44	5:28	0.50	12:13	2.46	9		83	
Wechsel S->R	-	2:37	-	5	0:37	33	1:07	0.50	14:50	2.02	9		83	
Schwimmen 000	0.50	14:50	2.02	9		83		0.50	14:50	2.02	9		83	
ZZ Rad	5.75	8:16	41.73	4	0:22	15	0:56	6.25	23:06	16.23	9		83	
ZZ Rad	4.25	11:35	22.01	4	0:41	17	1:32	10.50	34:41	18.16	9		83	
ZZ Rad	4.25	11:36	21.98	5	0:56	22	1:33	14.75	46:17	19.12	9		83	
Rad Ziel	5.75	9:11	37.57	4	0:39	19	1:13	20.50	55:28	22.18	9		83	
Rad 0	20.00	40:38	29.53	4	2:36	18	5:14	20.50	55:28	22.18	9		83	
Wechsel R->L	-	1:14	-	3	0:08	43	0:39	20.50	56:42	21.69	9		83	
Rad 000	20.00	41:52	28.66	4	2:37	21	5:47	20.50	56:42	21.69	9		83	
ZZ Lauf	2.50	13:13	11.35	6	2:52	38	4:20	23.00	1:09:55	19.74	9		83	
Lauf Ziel	2.50	14:03	10.68	7	3:18	42	4:48	25.50	1:23:58	18.22	5	8:43	29	17:16
Lauf 000	5.00	27:16	11.00	7	6:03	40	9:08	25.50	1:23:58	18.22	5	8:43	29	17:16