



11. Triathlon Lorsch

Lorsch / 10.08.2014

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König, Angelika

000: 1:44:43

00: 283

00: 25.50 km

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

00000/000: 296 (of 313)

00000/0: 77 (of 82)

000000: 1:06:42

0000:

00000: 15(of 15)

Seniorinnen 2 TW 45)

0000000: 1:18:33

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	km/h	-	-	0	0	km	00	km/h	-	-	0	0
Schwimmen nett	0.50	12:45	2.35	11	3:59	55	6:00	0.50	12:45	2.35	16	0:11	83	
Wechsel S->R	-	4:48	-	14	2:40	80	3:18	0.50	17:33	1.71	16	1:21	83	
Schwimmen 000	0.50	17:33	1.71	16	1:21	83		0.50	17:33	1.71	16	1:21	83	
ZZ Rad	5.75	10:25	33.12	15	2:22	77	3:05	6.25	27:58	13.41	16	2:58	83	
ZZ Rad	4.25	14:28	17.63	15	3:35	77	4:25	10.50	42:26	14.85	16	5:07	83	1:35
ZZ Rad	4.25	14:42	17.35	15	3:25	78	4:39	14.75	57:08	15.49	16	7:21	83	3:38
Rad Ziel	5.75	11:49	29.20	14	2:58	77	3:51	20.50	1:08:57	17.84	16	9:22	83	5:14
Rad 0	20.00	51:24	23.35	15	12:20	77	16:00	20.50	1:08:57	17.84	16	9:22	83	5:14
Wechsel R->L	-	2:57	-	14	2:07	80	2:22	20.50	1:11:54	17.11	16	11:29	83	7:10
Rad 000	20.00	54:21	22.08	15	14:06	77	18:16	20.50	1:11:54	17.11	16	11:29	83	7:10
ZZ Lauf	2.50	16:02	9.36	14	4:11	75	7:09	23.00	1:27:56	15.69	16	13:46	83	10:24
Lauf Ziel	2.50	16:47	8.94	14	6:07	75	7:32	25.50	1:44:43	14.61	15	26:10	77	38:01
Lauf 000	5.00	32:49	9.14	14	9:51	76	14:41	25.50	1:44:43	14.61	15	26:10	77	38:01