



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Gericke, Silke

00: TG Laudenbach

00: 312

00: 25.50 km

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

0000:

Seniorinnen 1 (TW 40)

000: 1:27:47

00000/000: 216 (of 313)

00000/0: 39 (of 82)

000000: 1:06:42

00000: 6(of 14)

0000000: 1:06:42

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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	9	4:53	62	6:47	0.50	13:32	2.22	15	4:52	8		
Wechsel S->R	-	2:28	-	5	0:52	28	0:58	0.50	16:00	1.88	15	5:44	83		
Schwimmen 000	0.50	16:00	1.88	15	5:44	83		0.50	16:00	1.88	15	5:44	83		
ZZ Rad	5.75	9:31	36.25	8	2:11	60	2:11	6.25	25:31	14.70	15	7:55	83		
ZZ Rad	4.25	13:14	19.27	10	3:11	63	3:11	10.50	38:45	16.26	15	11:06	83		
ZZ Rad	4.25	13:32	18.84	11	3:29	67	3:29	14.75	52:17	16.93	15	14:35	83		
Rad Ziel	5.75	10:47	31.99	9	2:49	65	2:49	20.50	1:03:04	19.50	5	17:24	83		
Rad 0	20.00	47:04	25.50	9	11:40	65	11:40	20.50	1:03:04	19.50	5	17:24	83		
Wechsel R->L	-	0:44	-	2	0:03	4	0:09	20.50	1:03:48	19.28	15	17:27	83		
Rad 000	20.00	47:48	25.10	8	11:43	58	11:43	20.50	1:03:48	19.28	15	17:27	83		
ZZ Lauf	2.50	11:27	13.10	3	1:34	13	2:34	23.00	1:15:15	18.34	15	19:01	83		
Lauf Ziel	2.50	12:32	11.97	3	2:04	19	3:17	25.50	1:27:47	17.43	6	21:05	39	21:05	
Lauf 000	5.00	23:59	12.51	3	3:38	16	5:51	25.50	1:27:47	17.43	6	21:05	39	21:05	