



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Höning, Klara

000: 1:15:15

00: Unisport Bonn

00: 381

00: 25.50 km

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

00000/000: 78 (of 313)

00000/0: 7 (of 82)

000000: 1:06:42

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00000: 1(of 8)

weibliche AK 2 (TW 25)

0000000: 1:15:15

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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	11:32	2.60	4	0:50	26	4:47	0.50	11:32	2.60	9			83
Wechsel S->R	-	2:00	-	1	-	10	0:30	0.50	13:32	2.22	9			83
Schwimmen 000	0.50	13:32	2.22	9			83	0.50	13:32	2.22	9			83
ZZ Rad	5.75	7:54	43.67	1	-	5	0:34	6.25	21:26	17.50	9			83
ZZ Rad	4.25	11:06	22.97	2	0:12	10	1:03	10.50	32:32	19.36	9			83
ZZ Rad	4.25	11:16	22.63	3	0:36	14	1:13	14.75	43:48	20.21	9			83
Rad Ziel	5.75	9:00	38.33	3	0:28	14	1:02	20.50	52:48	23.30	9			83
Rad 0	20.00	39:16	30.56	2	1:14	9	3:52	20.50	52:48	23.30	9			83
Wechsel R->L	-	1:14	-	3	0:08	43	0:39	20.50	54:02	22.76	9			83
Rad 000	20.00	40:30	29.63	2	1:15	10	4:25	20.50	54:02	22.76	9			83
ZZ Lauf	2.50	10:21	14.49	1	-	4	1:28	23.00	1:04:23	21.43	9			83
Lauf Ziel	2.50	10:52	13.80	2	0:07	6	1:37	25.50	1:15:15	20.33	1	-	7	8:33
Lauf 000	5.00	21:13	14.14	1	-	4	3:05	25.50	1:15:15	20.33	1	-	7	8:33