



11. Triathlon Lorsch

Lorsch / 10.08.2014

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Arndt-Fabian, Ina

000: 1:19:16

00: SSG Bensheim

00: 389

00: 25.50 km

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

00000/000: 130 (of 313)

00000/0: 17 (of 82)

000000: 1:06:42

0000:

00000: 3(of 15)

Seniorinnen 2 TW 45)

0000000: 1:18:33

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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	10:28	2.87	3	1:42	11	3:43	0.50	10:28	2.87	16		83	
Wechsel S->R	-	2:08	-	1	-	13	0:38	0.50	12:36	2.38	16		83	
Schwimmen 000	0.50	12:36	2.38	16		83		0.50	12:36	2.38	16		83	
ZZ Rad	5.75	8:14	41.90	3	0:11	14	0:54	6.25	20:50	18.00	16		83	
ZZ Rad	4.25	11:22	22.43	3	0:29	15	1:19	10.50	32:12	19.57	16		83	
ZZ Rad	4.25	11:17	22.60	1	-	15	1:14	14.75	43:29	20.35	16		83	
Rad Ziel	5.75	8:56	38.62	2	0:05	12	0:58	20.50	52:25	23.47	16		83	
Rad 0	20.00	39:49	30.14	2	0:45	13	4:25	20.50	52:25	23.47	16		83	
Wechsel R->L	-	1:07	-	5	0:17	32	0:32	20.50	53:32	22.98	16		83	
Rad 000	20.00	40:56	29.32	2	0:41	13	4:51	20.50	53:32	22.98	16		83	
ZZ Lauf	2.50	12:21	12.15	4	0:30	26	3:28	23.00	1:05:53	20.95	16		83	
Lauf Ziel	2.50	13:23	11.21	4	2:43	33	4:08	25.50	1:19:16	19.30	3	0:43	17	12:34
Lauf 000	5.00	25:44	11.66	4	2:46	31	7:36	25.50	1:19:16	19.30	3	0:43	17	12:34