



11. Triathlon Lorsch

Lorsch / 10.08.2014

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Niebauer, Claudia

000: 1:06:42

00: Team Pfälzer Land

00: 84

00: 25.50 km

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

00000/000: 15 (of 313)

00000/0: 1 (of 82)

000000: 1:06:42

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00000: 1(of 14)

Seniorinnen 1 (TW 40)

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	8:40	3.46	2	0:01	3	1:55	0.50	8:40	3.46	1	-	-	83	
Wechsel S->R	-	1:36	-	1	-	2	0:06	0.50	10:16	2.92	1	-	-	83	
Schwimmen 000	0.50	10:16	2.92	1	-	83		0.50	10:16	2.92	1	-	-	83	
ZZ Rad	5.75	7:20	47.05	1	-	1	-	6.25	17:36	21.31	1	-	-	83	
ZZ Rad	4.25	10:03	25.37	1	-	1	-	10.50	27:39	22.78	1	-	-	83	
ZZ Rad	4.25	10:03	25.37	1	-	1	-	14.75	37:42	23.47	1	-	-	83	
Rad Ziel	5.75	7:58	43.31	1	-	1	-	20.50	45:40	26.93	1	-	-	83	
Rad 0	20.00	35:24	33.90	1	-	1	-	20.50	45:40	26.93	1	-	-	83	
Wechsel R->L	-	0:41	-	1	-	3	0:06	20.50	46:21	26.54	1	-	-	83	
Rad 000	20.00	36:05	33.26	1	-	1	-	20.50	46:21	26.54	1	-	-	83	
ZZ Lauf	2.50	9:53	15.18	1	-	2	1:00	23.00	56:14	24.54	1	-	-	83	
Lauf Ziel	2.50	10:28	14.33	1	-	3	1:13	25.50	1:06:42	22.94	1	-	-	1	-
Lauf 000	5.00	20:21	14.74	1	-	2	2:13	25.50	1:06:42	22.94	1	-	-	1	-