



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Hugger, Ulrike

000: 1:35:41

00: 377

00: 25.50 km

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

0000:

Seniorinnen 4 (TW 55)

00000/000: 271 (of 313)

00000/0: 67 (of 82)

000000: 1:06:42

00000: 3(of 3)

0000000: 1:29:55

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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	13:36	2.21	2	2:27	64	6:51	0.50	13:36	2.21	4	2:27	83		
Wechsel S->R	-	5:46	-	3	2:35	82	4:16	0.50	19:22	1.55	4	4:35	83	1:04	
Schwimmen 000	0.50	19:22	1.55	4	4:35	83	1:04	0.50	19:22	1.55	4	4:35	83	1:04	
ZZ Rad	5.75	9:09	37.70	2	0:15	49	1:49	6.25	28:31	13.15	4	4:50	83	0:31	
ZZ Rad	4.25	13:12	19.32	3	0:58	61	3:09	10.50	41:43	15.10	4	5:48	83	0:52	
ZZ Rad	4.25	13:12	19.32	3	0:57	61	3:09	14.75	54:55	16.12	4	6:45	83	1:25	
Rad Ziel	5.75	10:27	33.01	3	0:14	56	2:29	20.50	1:05:22	18.82	4	6:58	83	1:39	
Rad 0	20.00	46:00	26.09	3	2:23	57	10:36	20.50	1:05:22	18.82	4	6:58	83	1:39	
Wechsel R->L	-	1:14	-	2	0:13	43	0:39	20.50	1:06:36	18.47	4	2:51	83	1:52	
Rad 000	20.00	47:14	25.41	2	0:48	56	11:09	20.50	1:06:36	18.47	4	2:51	83	1:52	
ZZ Lauf	2.50	14:10	10.59	3	1:25	59	5:17	23.00	1:20:46	17.09	4	4:16	83	3:14	
Lauf Ziel	2.50	14:55	10.06	3	1:30	59	5:40	25.50	1:35:41	15.99	3	5:46	67	28:59	
Lauf 000	5.00	29:05	10.32	3	2:55	61	10:57	25.50	1:35:41	15.99	3	5:46	67	28:59	