



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Hofer, Bernadette

000: 1:31:02

00: 41

00: 25.50 km

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

0000:

Seniorinnen 3 (TW 50)

00000/000: 242 (of 313)

00000/0: 50 (of 82)

000000: 1:06:42

00000: 8(of 13)

0000000: 1:16:20

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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	13:46	2.18	10	2:09	65	7:01	0.50	13:46	2.18	2	1:51	83	
Wechsel S->R	-	3:47	-	11	1:50	69	2:17	0.50	17:33	1.71	2	2:53	83	
Schwimmen 000	0.50	17:33	1.71	2	2:53	83		0.50	17:33	1.71	2	2:53	83	
ZZ Rad	5.75	9:19	37.03	8	1:20	53	1:59	6.25	26:52	13.96	2	3:04	83	
ZZ Rad	4.25	12:53	19.79	10	2:08	53	2:50	10.50	39:45	15.85	2	3:41	83	
ZZ Rad	4.25	12:49	19.90	9	1:54	52	2:46	14.75	52:34	16.84	2	4:22	83	
Rad Ziel	5.75	10:09	33.99	7	1:23	43	2:11	20.50	1:02:43	19.61	2	5:04	83	
Rad 0	20.00	45:10	26.57	9	6:45	51	9:46	20.50	1:02:43	19.61	2	5:04	83	
Wechsel R->L	-	1:10	-	4	0:10	39	0:35	20.50	1:03:53	19.25	2	4:29	83	
Rad 000	20.00	46:20	25.90	7	6:53	47	10:15	20.50	1:03:53	19.25	2	4:29	83	
ZZ Lauf	2.50	13:22	11.22	8	2:43	40	4:29	23.00	1:17:15	17.86	2	5:04	83	
Lauf Ziel	2.50	13:47	10.88	8	2:44	38	4:32	25.50	1:31:02	16.81	8	14:42	50	24:20
Lauf 000	5.00	27:09	11.05	8	5:27	38	9:01	25.50	1:31:02	16.81	8	14:42	50	24:20