



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Kreher, Petra

000: 1:16:20

00: VfL Münster

00: 56

00: 25.50 km

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

00000/000: 93 (of 313)

00000/0: 10 (of 82)

000000: 1:06:42

0000:

00000: 1(of 13)

Seniorinnen 3 (TW 50)

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	11:38	2.58	2	0:01	30	4:53	0.50	11:38	2.58	14			83
Wechsel S->R	-	2:23	-	2	0:26	25	0:53	0.50	14:01	2.14	14			11
Schwimmen 000	0.50	14:01	2.14	14		11		0.50	14:01	2.14	14			11
ZZ Rad	5.75	8:25	40.99	2	0:26	18	1:05	6.25	22:26	16.72	14			83
ZZ Rad	4.25	11:14	22.70	2	0:29	12	1:11	10.50	33:40	18.71	14			83
ZZ Rad	4.25	11:12	22.77	2	0:17	9	1:09	14.75	44:52	19.73	14			83
Rad Ziel	5.75	8:46	39.35	1	-	6	0:48	20.50	53:38	22.93	14			83
Rad 0	20.00	39:37	30.29	2	1:12	12	4:13	20.50	53:38	22.93	14			83
Wechsel R->L	-	1:00	-	1	-	22	0:25	20.50	54:38	22.51	14			83
Rad 000	20.00	40:37	29.54	2	1:10	11	4:32	20.50	54:38	22.51	14			83
ZZ Lauf	2.50	10:39	14.08	1	-	6	1:46	23.00	1:05:17	21.14	14			83
Lauf Ziel	2.50	11:03	13.57	1	-	8	1:48	25.50	1:16:20	20.04	1	-	10	9:38
Lauf 000	5.00	21:42	13.82	1	-	7	3:34	25.50	1:16:20	20.04	1	-	10	9:38