



# 11. Triathlon Lorsch

Lorsch / 10.08.2014

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Kovalova, Nataliya

□□□: 1:17:45

□□: TF Feuerbach

□□: 49

□□: 25.50 km

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

□□□□□/□□□: 112 (of 313)

□□□□□/□: 12 (of 82)

□□□□□□: 1:06:42

□□□□:

weibliche AK 3 (TW 30)

□□□□□: 4(of 13)

□□□□□□□: 1:10:40

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	11:40	2.57	11	1:39	31	4:55	0.50	11:40	2.57	3	1:07	83	
Wechsel S->R	-	1:43	-	1	-	3	0:13	0.50	13:23	2.24	3	0:57	83	
Schwimmen □□□	0.50	13:23	2.24	3	0:57	83		0.50	13:23	2.24	3	0:57	83	
ZZ Rad	5.75	8:30	40.59	5	0:48	24	1:10	6.25	21:53	17.14	3	1:42	83	
ZZ Rad	4.25	11:36	21.98	4	0:54	18	1:33	10.50	33:29	18.82	3	2:36	83	
ZZ Rad	4.25	11:22	22.43	5	0:45	18	1:19	14.75	44:51	19.73	3	3:21	83	
Rad Ziel	5.75	8:44	39.50	3	0:22	5	0:46	20.50	53:35	22.95	3	3:37	83	
Rad □	20.00	40:12	29.85	4	2:40	15	4:48	20.50	53:35	22.95	3	3:37	83	
Wechsel R->L	-	1:02	-	7	0:27	28	0:27	20.50	54:37	22.52	3	3:11	83	
Rad □□□	20.00	41:14	29.10	4	2:29	15	5:09	20.50	54:37	22.52	3	3:11	83	
ZZ Lauf	2.50	11:15	13.33	4	2:22	11	2:22	23.00	1:05:52	20.95	3	3:31	83	
Lauf Ziel	2.50	11:53	12.62	4	2:38	12	2:38	25.50	1:17:45	19.68	4	7:05	12	11:03
Lauf □□□	5.00	23:08	12.97	4	5:00	12	5:00	25.50	1:17:45	19.68	4	7:05	12	11:03