



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Fitt, Antoinette

000: 1:18:37

00: Ski Club Heidelberg

00: 80

00: 25.50 km

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

0000:

Seniorinnen 2 TW 45)

00000/000: 122 (of 313)

00000/0: 14 (of 82)

000000: 1:06:42

00000: 2(of 15)

0000000: 1:18:33

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0000

000

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	11:51	2.53	6	3:05	36	5:06	0.50	11:51	2.53	16			83	
Wechsel S->R	-	2:38	-	4	0:30	35	1:08	0.50	14:29	2.07	16			83	
Schwimmen 000	0.50	14:29	2.07	16		83		0.50	14:29	2.07	16			83	
ZZ Rad	5.75	8:03	42.86	1	-	9	0:43	6.25	22:32	16.64	16			83	
ZZ Rad	4.25	10:53	23.43	1	-	6	0:50	10.50	33:25	18.85	16			83	
ZZ Rad	4.25	11:17	22.60	1	-	15	1:14	14.75	44:42	19.80	16			83	
Rad Ziel	5.75	8:51	38.98	1	-	10	0:53	20.50	53:33	22.97	16			83	
Rad 0	20.00	39:04	30.72	1	-	8	3:40	20.50	53:33	22.97	16			83	
Wechsel R->L	-	1:11	-	8	0:21	41	0:36	20.50	54:44	22.47	16			83	
Rad 000	20.00	40:15	29.81	1	-	8	4:10	20.50	54:44	22.47	16			83	
ZZ Lauf	2.50	11:51	12.66	1	-	17	2:58	23.00	1:06:35	20.73	16			83	
Lauf Ziel	2.50	12:02	12.47	2	1:22	13	2:47	25.50	1:18:37	19.46	2	0:04	14	11:55	
Lauf 000	5.00	23:53	12.56	2	0:55	15	5:45	25.50	1:18:37	19.46	2	0:04	14	11:55	