



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Zubrod, Jutta

000: 1:18:58

00: ERSG Darmstadt

00: 57

00: 25.50 km

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

0000:

Seniorinnen 3 (TW 50)

00000/000: 126 (of 313)

00000/0: 16 (of 82)

000000: 1:06:42

00000: 2(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	12:20	2.43	5	0:43	47	5:35	0.50	12:20	2.43	14	0:25	83	
Wechsel S->R	-	1:57	-	1	-	7	0:27	0.50	14:17	2.10	14		83	
Schwimmen 000	0.50	14:17	2.10	14		83		0.50	14:17	2.10	14		83	
ZZ Rad	5.75	7:59	43.22	1	-	7	0:39	6.25	22:16	16.84	14		83	
ZZ Rad	4.25	10:45	23.72	1	-	3	0:42	10.50	33:01	19.08	14		83	
ZZ Rad	4.25	10:55	23.36	1	-	6	0:52	14.75	43:56	20.14	14		83	
Rad Ziel	5.75	8:46	39.35	1	-	6	0:48	20.50	52:42	23.34	14		83	
Rad 0	20.00	38:25	31.24	1	-	5	3:01	20.50	52:42	23.34	14		83	
Wechsel R->L	-	1:02	-	2	0:02	28	0:27	20.50	53:44	22.89	14		83	
Rad 000	20.00	39:27	30.42	1	-	6	3:22	20.50	53:44	22.89	14		83	
ZZ Lauf	2.50	12:05	12.41	4	1:26	19	3:12	23.00	1:05:49	20.97	14		83	
Lauf Ziel	2.50	13:09	11.41	5	2:06	29	3:54	25.50	1:18:58	19.38	2	2:38	16	12:16
Lauf 000	5.00	25:14	11.89	5	3:32	25	7:06	25.50	1:18:58	19.38	2	2:38	16	12:16