



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Horst, Janina

000: 1:20:05

00: 94

00: 25.50 km

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

0000:

weibliche AK 3 (TW 30)

00000/000: 142 (of 313)

00000/0: 18 (of 82)

000000: 1:06:42

00000: 5(of 13)

0000000: 1:10:40

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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	11:27	2.62	6	1:26	22	4:42	0.50	11:27	2.62	4	0:54	83		
Wechsel S->R	-	2:22	-	7	0:39	23	0:52	0.50	13:49	2.17	4	1:23	83		
Schwimmen 000	0.50	13:49	2.17	4	1:23	83		0.50	13:49	2.17	4	1:23	83		
ZZ Rad	5.75	8:38	39.96	6	0:56	29	1:18	6.25	22:27	16.70	4	2:16	83		
ZZ Rad	4.25	11:13	22.73	3	0:31	11	1:10	10.50	33:40	18.71	4	2:47	83		
ZZ Rad	4.25	11:14	22.70	3	0:37	11	1:11	14.75	44:54	19.71	4	3:24	83		
Rad Ziel	5.75	8:59	38.40	4	0:37	13	1:01	20.50	53:53	22.83	4	3:55	83		
Rad 0	20.00	40:04	29.95	3	2:32	14	4:40	20.50	53:53	22.83	4	3:55	83		
Wechsel R->L	-	0:53	-	3	0:18	12	0:18	20.50	54:46	22.46	4	3:20	83		
Rad 000	20.00	40:57	29.30	3	2:12	14	4:52	20.50	54:46	22.46	4	3:20	83		
ZZ Lauf	2.50	12:21	12.15	7	3:28	26	3:28	23.00	1:07:07	20.56	4	4:46	83		
Lauf Ziel	2.50	12:58	11.57	9	3:43	28	3:43	25.50	1:20:05	19.11	5	9:25	18	13:23	
Lauf 000	5.00	25:19	11.85	8	7:11	27	7:11	25.50	1:20:05	19.11	5	9:25	18	13:23	