



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Riffel, Lissy

000: 1:23:54

00: 66

00: 25.50 km

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

0000:

weibliche AK 3 (TW 30)

00000/000: 184 (of 313)

00000/0: 28 (of 82)

000000: 1:06:42

00000: 8(of 13)

0000000: 1:10:40

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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	11:27	2.62	6	1:26	22	4:42	0.50	11:27	2.62	4	0:54	83		
Wechsel S->R	-	2:21	-	6	0:38	22	0:51	0.50	13:48	2.17	6	1:22	83		
Schwimmen 000	0.50	13:48	2.17	6	1:22	83		0.50	13:48	2.17	6	1:22	83		
ZZ Rad	5.75	9:04	38.05	10	1:22	46	1:44	6.25	22:52	16.40	6	2:41	83		
ZZ Rad	4.25	12:24	20.56	8	1:42	41	2:21	10.50	35:16	17.86	6	4:23	83		
ZZ Rad	4.25	12:42	20.08	9	2:05	49	2:39	14.75	47:58	18.45	6	6:28	83		
Rad Ziel	5.75	9:43	35.51	8	1:21	35	1:45	20.50	57:41	21.32	6	7:43	83		
Rad 0	20.00	43:53	27.35	9	6:21	43	8:29	20.50	57:41	21.32	6	7:43	83		
Wechsel R->L	-	0:52	-	2	0:17	10	0:17	20.50	58:33	21.01	6	7:07	83		
Rad 000	20.00	44:45	26.82	8	6:00	38	8:40	20.50	58:33	21.01	6	7:07	83		
ZZ Lauf	2.50	12:29	12.02	8	3:36	28	3:36	23.00	1:11:02	19.43	6	8:41	83		
Lauf Ziel	2.50	12:52	11.66	8	3:37	26	3:37	25.50	1:23:54	18.24	8	13:14	28	17:12	
Lauf 000	5.00	25:21	11.83	9	7:13	28	7:13	25.50	1:23:54	18.24	8	13:14	28	17:12	