



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Graf, Sonja

000: 1:24:11

00: Veniche Beach Heidelberg

00: 95

00: 25.50 km

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

00000/000: 188 (of 313)

00000/0: 31 (of 82)

000000: 1:06:42

0000:

00000: 4(of 13)

Seniorinnen 3 (TW 50)

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	12:16	2.45	4	0:39	45	5:31	0.50	12:16	2.45	14	0:21	83	
Wechsel S->R	-	2:48	-	8	0:51	40	1:18	0.50	15:04	1.99	14	0:24	83	
Schwimmen 000	0.50	15:04	1.99	14	0:24	83		0.50	15:04	1.99	14	0:24	83	
ZZ Rad	5.75	8:56	38.62	6	0:57	40	1:36	6.25	24:00	15.63	14	0:12	83	
ZZ Rad	4.25	11:45	21.70	4	1:00	26	1:42	10.50	35:45	17.62	14		83	
ZZ Rad	4.25	11:53	21.46	4	0:58	28	1:50	14.75	47:38	18.58	14		83	
Rad Ziel	5.75	9:20	36.96	4	0:34	26	1:22	20.50	56:58	21.59	14		83	
Rad 0	20.00	41:54	28.64	4	3:29	28	6:30	20.50	56:58	21.59	14		83	
Wechsel R->L	-	1:21	-	6	0:21	51	0:46	20.50	58:19	21.09	14		83	
Rad 000	20.00	43:15	27.75	4	3:48	28	7:10	20.50	58:19	21.09	14		83	
ZZ Lauf	2.50	12:41	11.83	6	2:02	32	3:48	23.00	1:11:00	19.44	14		83	
Lauf Ziel	2.50	13:11	11.38	6	2:08	30	3:56	25.50	1:24:11	18.17	4	7:51	31	17:29
Lauf 000	5.00	25:52	11.60	6	4:10	32	7:44	25.50	1:24:11	18.17	4	7:51	31	17:29