



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Wehrich, Esther

000: 1:29:51

00: 55

00: 25.50 km

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

0000:

Seniorinnen 1 (TW 40)

00000/000: 233 (of 313)

00000/0: 45 (of 82)

000000: 1:06:42

00000: 8(of 14)

0000000: 1:06:42

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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	14:16	2.10	12	5:37	72	7:31	0.50	14:16	2.10	4	5:36	83	
Wechsel S->R	-	3:42	-	11	2:06	66	2:12	0.50	17:58	1.67	4	7:42	83	
Schwimmen 000	0.50	17:58	1.67	4	7:42	83		0.50	17:58	1.67	4	7:42	83	
ZZ Rad	5.75	8:52	38.91	6	1:32	34	1:32	6.25	26:50	13.98	4	9:14	83	
ZZ Rad	4.25	12:07	21.05	6	2:04	35	2:04	10.50	38:57	16.17	4	11:18	83	
ZZ Rad	4.25	12:06	21.07	5	2:03	32	2:03	14.75	51:03	17.34	4	13:21	83	
Rad Ziel	5.75	9:47	35.26	7	1:49	38	1:49	20.50	1:00:50	20.22	4	15:10	83	
Rad 0	20.00	42:52	27.99	5	7:28	32	7:28	20.50	1:00:50	20.22	4	15:10	83	
Wechsel R->L	-	1:34	-	12	0:53	66	0:59	20.50	1:02:24	19.71	4	16:03	83	
Rad 000	20.00	44:26	27.01	5	8:21	34	8:21	20.50	1:02:24	19.71	4	16:03	83	
ZZ Lauf	2.50	13:37	11.02	8	3:44	46	4:44	23.00	1:16:01	18.15	4	19:47	83	
Lauf Ziel	2.50	13:50	10.84	6	3:22	40	4:35	25.50	1:29:51	17.03	8	23:09	45	23:09
Lauf 000	5.00	27:27	10.93	6	7:06	43	9:19	25.50	1:29:51	17.03	8	23:09	45	23:09