



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Koob, Kerstin

000: 1:30:22

00: 63

00: 25.50 km

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

0000:

weibliche AK 4 (TW 35)

00000/000: 236 (of 313)

00000/0: 47 (of 82)

000000: 1:06:42

00000: 3(of 8)

0000000: 1:21:48

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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	12:47	2.35	7	3:36	57	6:02	0.50	12:47	2.35	4	3:36	83		
Wechsel S->R	-	2:10	-	2	0:05	16	0:40	0.50	14:57	2.01	4	3:41	83		
Schwimmen 000	0.50	14:57	2.01	4	3:41	83		0.50	14:57	2.01	4	3:41	83		
ZZ Rad	5.75	9:02	38.19	4	0:37	44	1:42	6.25	23:59	15.64	4	4:11	83		
ZZ Rad	4.25	12:27	20.48	4	1:02	44	2:24	10.50	36:26	17.29	4	4:58	83		
ZZ Rad	4.25	12:09	20.99	4	0:57	34	2:06	14.75	48:35	18.22	4	5:17	83		
Rad Ziel	5.75	9:56	34.73	4	0:45	42	1:58	20.50	58:31	21.02	4	6:02	83		
Rad 0	20.00	43:34	27.54	4	3:14	40	8:10	20.50	58:31	21.02	4	6:02	83		
Wechsel R->L	-	1:36	-	8	0:44	68	1:01	20.50	1:00:07	20.46	4	6:42	83		
Rad 000	20.00	45:10	26.57	4	3:40	41	9:05	20.50	1:00:07	20.46	4	6:42	83		
ZZ Lauf	2.50	15:05	9.94	4	1:25	64	6:12	23.00	1:15:12	18.35	4	7:56	83		
Lauf Ziel	2.50	15:10	9.89	4	1:04	61	5:55	25.50	1:30:22	16.93	3	8:34	47	23:40	
Lauf 000	5.00	30:15	9.92	4	2:29	64	12:07	25.50	1:30:22	16.93	3	8:34	47	23:40	