



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Robnik, Lydia

000: 1:30:57

00: 86

00: 25.50 km

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

0000:

weibliche AK 3 (TW 30)

00000/000: 241 (of 313)

00000/0: 49 (of 82)

000000: 1:06:42

00000: 11(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	11:30	2.61	8	1:29	25	4:45	0.50	11:30	2.61	7	0:57	83		
Wechsel S->R	-	3:21	-	13	1:38	58	1:51	0.50	14:51	2.02	7	2:25	83		
Schwimmen 000	0.50	14:51	2.02	7	2:25	83		0.50	14:51	2.02	7	2:25	83		
ZZ Rad	5.75	9:00	38.33	9	1:18	42	1:40	6.25	23:51	15.72	7	3:40	83		
ZZ Rad	4.25	12:03	21.16	7	1:21	32	2:00	10.50	35:54	17.55	7	5:01	83		
ZZ Rad	4.25	12:32	20.35	8	1:55	43	2:29	14.75	48:26	18.27	7	6:56	83		
Rad Ziel	5.75	9:54	34.85	9	1:32	41	1:56	20.50	58:20	21.09	7	8:22	83		
Rad 0	20.00	43:29	27.60	8	5:57	39	8:05	20.50	58:20	21.09	7	8:22	83		
Wechsel R->L	-	1:24	-	10	0:49	55	0:49	20.50	59:44	20.59	7	8:18	83		
Rad 000	20.00	44:53	26.74	9	6:08	39	8:48	20.50	59:44	20.59	7	8:18	83		
ZZ Lauf	2.50	15:31	9.67	12	6:38	73	6:38	23.00	1:15:15	18.34	7	12:54	83		
Lauf Ziel	2.50	15:42	9.55	11	6:27	65	6:27	25.50	1:30:57	16.82	11	20:17	49	24:15	
Lauf 000	5.00	31:13	9.61	11	13:05	66	13:05	25.50	1:30:57	16.82	11	20:17	49	24:15	