



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Keller, Annette

000: 1:33:11

00: 87

00: 25.50 km

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

0000:

weibliche AK 4 (TW 35)

00000/000: 254 (of 313)

00000/0: 59 (of 82)

000000: 1:06:42

00000: 5(of 8)

0000000: 1:21:48

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	km/h	-	-	0	0	km	00	km/h	-	-	0	0
Schwimmen nett	0.50	10:00	3.00	2	0:49	8	3:15	0.50	10:00	3.00	5	0:49	83	
Wechsel S->R	-	3:02	-	5	0:57	44	1:32	0.50	13:02	2.30	5	1:46	83	
Schwimmen 000	0.50	13:02	2.30	5	1:46	83		0.50	13:02	2.30	5	1:46	83	
ZZ Rad	5.75	9:33	36.13	5	1:08	61	2:13	6.25	22:35	16.61	5	2:47	83	
ZZ Rad	4.25	13:27	18.96	6	2:02	67	3:24	10.50	36:02	17.48	5	4:34	83	
ZZ Rad	4.25	13:33	18.82	6	2:21	68	3:30	14.75	49:35	17.85	5	6:17	83	
Rad Ziel	5.75	10:53	31.70	6	1:42	67	2:55	20.50	1:00:28	20.34	5	7:59	83	
Rad 0	20.00	47:26	25.30	6	7:06	66	12:02	20.50	1:00:28	20.34	5	7:59	83	
Wechsel R->L	-	0:52	-	1	-	10	0:17	20.50	1:01:20	20.05	5	7:55	83	
Rad 000	20.00	48:18	24.84	5	6:48	64	12:13	20.50	1:01:20	20.05	5	7:55	83	
ZZ Lauf	2.50	15:26	9.72	6	1:46	71	6:33	23.00	1:16:46	17.98	5	9:30	83	
Lauf Ziel	2.50	16:25	9.14	5	2:19	70	7:10	25.50	1:33:11	16.42	5	11:23	59	26:29
Lauf 000	5.00	31:51	9.42	5	4:05	69	13:43	25.50	1:33:11	16.42	5	11:23	59	26:29