



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Pollag, Maria

000: 1:33:22

00: DJK Käfertal-Waldhof

00: 82

00: 25.50 km

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

00000/000: 256 (of 313)

00000/0: 60 (of 82)

000000: 1:06:42

0000:

00000: 11(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 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	13:02	2.30	9	1:25	58	6:17	0.50	13:02	2.30	14	1:07	83		
Wechsel S->R	-	2:40	-	6	0:43	37	1:10	0.50	15:42	1.91	14	1:02	83		
Schwimmen 000	0.50	15:42	1.91	14	1:02	83		0.50	15:42	1.91	14	1:02	83		
ZZ Rad	5.75	9:46	35.32	12	1:47	68	2:26	6.25	25:28	14.73	14	1:40	83		
ZZ Rad	4.25	13:15	19.25	11	2:30	64	3:12	10.50	38:43	16.27	14	2:39	83		
ZZ Rad	4.25	13:08	19.42	11	2:13	58	3:05	14.75	51:51	17.07	14	3:39	83		
Rad Ziel	5.75	10:29	32.91	12	1:43	58	2:31	20.50	1:02:20	19.73	14	4:41	83		
Rad 0	20.00	46:38	25.73	11	8:13	62	11:14	20.50	1:02:20	19.73	14	4:41	83		
Wechsel R->L	-	1:21	-	6	0:21	51	0:46	20.50	1:03:41	19.31	14	4:17	83		
Rad 000	20.00	47:59	25.01	11	8:32	61	11:54	20.50	1:03:41	19.31	14	4:17	83		
ZZ Lauf	2.50	14:26	10.39	11	3:47	61	5:33	23.00	1:18:07	17.67	14	5:56	83	0:35	
Lauf Ziel	2.50	15:15	9.84	12	4:12	63	6:00	25.50	1:33:22	16.39	11	17:02	60	26:40	
Lauf 000	5.00	29:41	10.11	12	7:59	62	11:33	25.50	1:33:22	16.39	11	17:02	60	26:40	