



11. Triathlon Lorsch

Lorsch / 10.08.2014

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Rüdiger, Kathrin

000: 1:35:35

00: 53

00: 25.50 km

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

00000/000: 269 (of 313)

00000/0: 65 (of 82)

000000: 1:06:42

0000:

00000: 13(of 15)

Seniorinnen 2 TW 45)

0000000: 1:18:33

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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	11:52	2.53	7	3:06	37	5:07	0.50	11:52	2.53	16			11	
Wechsel S->R	-	2:58	-	6	0:50	42	1:28	0.50	14:50	2.02	16			83	
Schwimmen 000	0.50	14:50	2.02	16		83		0.50	14:50	2.02	16			83	
ZZ Rad	5.75	8:53	38.84	7	0:50	36	1:33	6.25	23:43	15.81	16			11	
ZZ Rad	4.25	12:19	20.70	7	1:26	38	2:16	10.50	36:02	17.48	16			83	
ZZ Rad	4.25	12:40	20.13	10	1:23	47	2:37	14.75	48:42	18.17	16			83	
Rad Ziel	5.75	10:09	33.99	7	1:18	43	2:11	20.50	58:51	20.90	16			83	
Rad 0	20.00	44:01	27.26	7	4:57	44	8:37	20.50	58:51	20.90	16			83	
Wechsel R->L	-	1:34	-	12	0:44	66	0:59	20.50	1:00:25	20.36	1	-		83	
Rad 000	20.00	45:35	26.33	8	5:20	44	9:30	20.50	1:00:25	20.36	1	-		83	
ZZ Lauf	2.50	16:52	8.89	15	5:01	78	7:59	23.00	1:17:17	17.86	16	3:07		83	
Lauf Ziel	2.50	18:18	8.20	15	7:38	79	9:03	25.50	1:35:35	16.01	13	17:02	65	28:53	
Lauf 000	5.00	35:10	8.53	15	12:12	78	17:02	25.50	1:35:35	16.01	13	17:02	65	28:53	