



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Kalna, Arita

000: 1:35:48

00: 96

00: 25.50 km

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

0000:

weibliche AK 1 (TW 20)

00000/000: 272 (of 313)

00000/0: 68 (of 82)

000000: 1:06:42

00000: 3(of 3)

0000000: 1:14:03

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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	17:48	1.69	3	9:07	81	11:03	0.50	17:48	1.69	1	-	-	83	2:41
Wechsel S->R	-	3:15	-	3	1:28	55	1:45	0.50	21:03	1.43	1	-	-	83	2:45
Schwimmen 000	0.50	21:03	1.43	1	-	83	2:45	0.50	21:03	1.43	1	-	-	83	2:45
ZZ Rad	5.75	10:16	33.60	3	2:14	76	2:56	6.25	31:19	11.97	1	-	-	83	3:19
ZZ Rad	4.25	13:47	18.50	3	2:58	73	3:44	10.50	45:06	13.97	1	-	-	83	4:15
ZZ Rad	4.25	13:50	18.43	3	2:56	72	3:47	14.75	58:56	15.02	1	-	-	83	5:26
Rad Ziel	5.75	10:36	32.55	3	1:50	63	2:38	20.50	1:09:32	17.69	1	-	-	83	5:49
Rad 0	20.00	48:29	24.75	3	9:55	70	13:05	20.50	1:09:32	17.69	1	-	-	83	5:49
Wechsel R->L	-	0:58	-	2	0:08	16	0:23	20.50	1:10:30	17.45	1	-	-	83	5:46
Rad 000	20.00	49:27	24.27	3	9:55	68	13:22	20.50	1:10:30	17.45	1	-	-	83	5:46
ZZ Lauf	2.50	12:05	12.41	3	1:14	19	3:12	23.00	1:22:35	16.71	1	-	-	83	5:03
Lauf Ziel	2.50	13:13	11.35	3	1:31	31	3:58	25.50	1:35:48	15.97	3	21:45	68	29:06	29:06
Lauf 000	5.00	25:18	11.86	3	2:45	26	7:10	25.50	1:35:48	15.97	3	21:45	68	29:06	29:06