



12. Lorsch Triathlon

Lorsch / 02.08.2015

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Rüdiger, Kathrin

000: 1:34:56

00: DLRG Lorsch e.V.

00: 63

00: 25.50 km

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

00000/000: 316 (of 340)

00000/0: 76 (of 89)

000000: 1:03:53

0000:

00000: 17(of 20)

Seniorinnen 2 TW 45)

0000000: 1:10:00

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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	11:26	2.62	10	2:34	31	4:40	0.50	11:26	2.62	10	2:34	31	4:40
Wechsel S -> R	-	3:03	-	12	1:02	57	1:33	0.50	14:29	2.07	9	3:17	35	6:13
Schwimmen 000	0.50	14:29	2.07	9	3:17	35	6:13	0.50	14:29	2.07	9	3:17	35	6:13
Rad netto	20.00	42:23	28.31	15	6:37	56	14:04	20.50	56:52	21.63	21	9:28	46	12:49
Wechsel R -> L	-	1:27	-	16	0:44	74	0:57	20.50	58:19	21.09	21	10:07	47	13:46
Rad 000	20.00	43:50	27.38	15	7:16	59	14:11	20.50	58:19	21.09	21	10:07	47	13:46
Lauf	5.00	36:37	8.19	18	17:17	86	17:17	25.50	1:34:56	16.12	18	24:56	78	31:03