



12. Lorsch Triathlon

Lorsch / 02.08.2015

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Engelhardt, Petra

000: 1:34:56

00: 88

00: 25.50 km

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

00000/000: 317 (of 340)

00000/0: 77 (of 89)

000000: 1:03:53

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Seniorinnen 1 (TW 40)

00000: 15(of 19)

0000000: 1:08:23

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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	12:45	2.35	10	4:07	57	5:59	0.50	12:45	2.35	10	4:07	57	5:59
Wechsel S -> R	-	3:39	-	15	1:32	76	2:09	0.50	16:24	1.83	12	5:39	64	8:08
Schwimmen 000	0.50	16:24	1.83	12	5:39	64	8:08	0.50	16:24	1.83	12	5:39	64	8:08
Rad netto	20.00	43:26	27.63	11	8:38	65	15:07	20.50	59:50	20.56	13	14:17	67	15:47
Wechsel R -> L	-	1:02	-	10	0:18	42	0:32	20.50	1:00:52	20.21	12	14:23	64	16:19
Rad 000	20.00	44:28	26.99	11	8:44	64	14:49	20.50	1:00:52	20.21	12	14:23	64	16:19
Lauf	5.00	34:04	8.81	16	12:10	82	14:44	25.50	1:34:56	16.12	15	26:33	78	31:03