



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Kovalova, Nataliya

000: 1:12:01

00: TF Feuerbach

00: 173

00: 25.50 km

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

00000/000: 68 (of 340)

00000/0: 4 (of 89)

000000: 1:03:53

0000:

00000: 1(of 9)

weibliche AK 3 (TW 30)

0000000: 1:12:01

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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	10:37	2.83	3	0:13	13	3:51	0.50	10:37	2.83	10	0:13	90	3:51
Wechsel S -> R	-	1:42	-	1	-	3	0:12	0.50	12:19	2.44	1	-	90	4:03
Schwimmen 000	0.50	12:19	2.44	1	-	90	4:03	0.50	12:19	2.44	1	-	90	4:03
Rad netto	20.00	36:31	32.86	2	0:41	7	8:12	20.50	48:50	25.19	1	-	90	4:47
Wechsel R -> L	-	0:44	-	1	-	11	0:14	20.50	49:34	24.82	1	-	90	5:01
Rad 000	20.00	37:15	32.21	2	0:30	7	7:36	20.50	49:34	24.82	1	-	90	5:01
Lauf	5.00	22:27	13.36	2	1:00	8	3:07	25.50	1:12:01	21.25	1	-	5	8:08