



12. Lorsch Triathlon

Lorsch / 02.08.2015

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Remus, Ronja

000: 1:26:13

00: DLRG Heppenheim

00: 147

00: 25.50 km

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

00000/000: 256 (of 340)

00000/0: 46 (of 89)

000000: 1:03:53

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00000: 2(of 2)

weibliche Jugend A (TW 16/17)

0000000: 1:03:53

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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	11:40	2.57	2	4:54	37	4:54	0.50	11:40	2.57	3	4:54	90	4:54
Wechsel S -> R	-	2:32	-	2	1:02	31	1:02	0.50	14:12	2.11	3	5:56	90	5:56
Schwimmen 000	0.50	14:12	2.11	3	5:56	90	5:56	0.50	14:12	2.11	3	5:56	90	5:56
Rad netto	20.00	43:04	27.86	2	7:17	63	14:45	20.50	57:16	21.48	3	13:13	90	13:13
Wechsel R -> L	-	0:33	-	2	0:03	2	0:03	20.50	57:49	21.27	3	13:16	90	13:16
Rad 000	20.00	43:37	27.51	2	7:20	57	13:58	20.50	57:49	21.27	3	13:16	90	13:16
Lauf	5.00	28:24	10.56	2	9:04	64	9:04	25.50	1:26:13	17.75	2	22:20	48	22:20