



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Fuchs, Elvira

000: 1:37:46

00: 225

00: 25.50 km

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

0000:

Seniorinnen 5 (TW 60)

00000/000: 325 (of 340)

00000/0: 82 (of 89)

000000: 1:03:53

00000: 3(of 3)

0000000: 1:20:01

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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	13:31	2.22	2	3:02	65	6:45	0.50	13:31	2.22	4	3:02	65	6:45	
Wechsel S -> R	-	4:29	-	3	1:24	87	2:59	0.50	18:00	1.67	4	4:13	90	9:44	
Schwimmen 000	0.50	18:00	1.67	4	4:13	90	9:44	0.50	18:00	1.67	4	4:13	90	9:44	
Rad netto	20.00	44:25	27.02	3	5:16	71	16:06	20.50	1:02:25	19.71	4	9:29	90	18:22	
Wechsel R -> L	-	2:50	-	3	1:45	89	2:20	20.50	1:05:15	18.85	4	11:01	90	20:42	
Rad 000	20.00	47:15	25.40	3	6:48	81	17:36	20.50	1:05:15	18.85	4	11:01	90	20:42	
Lauf	5.00	32:31	9.23	3	6:44	79	13:11	25.50	1:37:46	15.65	3	17:45	84	33:53	