



12. Lorsche Triathlon

Lorsch / 02.08.2015

0000

Albat, Sabrina

000: 1:27:18

00: 244

00: 25.50 km

Lorsche Triathlon 0,5-20,0-5,0

0000:

weibliche AK 4 (TW 35)

00000/000: 265 (of 340)

00000/0: 52 (of 89)

000000: 1:03:53

00000: 6(of 10)

0000000: 1:14:50

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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	12:10	2.47	5	0:50	48	5:24	0.50	12:10	2.47	11	0:50	90	5:24
Wechsel S -> R	-	2:50	-	4	1:10	47	1:20	0.50	15:00	2.00	11	2:00	90	6:44
Schwimmen 000	0.50	15:00	2.00	11	2:00	90	6:44	0.50	15:00	2.00	11	2:00	90	6:44
Rad netto	20.00	44:17	27.10	7	7:32	69	15:58	20.50	59:17	20.75	11	9:32	90	15:14
Wechsel R -> L	-	0:39	-	1	-	6	0:09	20.50	59:56	20.52	11	9:16	90	15:23
Rad 000	20.00	44:56	26.71	7	7:16	66	15:17	20.50	59:56	20.52	11	9:16	90	15:23
Lauf	5.00	27:22	10.96	6	3:24	53	8:02	25.50	1:27:18	17.53	6	12:28	54	23:25