



12. Lorsche Triathlon

Lorsch / 02.08.2015

0000

Morlock, Iris

000: 1:20:09

00: 295

00: 25.50 km

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

0000:

weibliche AK 4 (TW 35)

00000/000: 191 (of 340)

00000/0: 23 (of 89)

000000: 1:03:53

00000: 2(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	12:34	2.39	7	1:14	54	5:48	0.50	12:34	2.39	11	1:14	90	5:48
Wechsel S -> R	-	2:40	-	2	1:00	37	1:10	0.50	15:14	1.97	11	2:14	90	6:58
Schwimmen 000	0.50	15:14	1.97	11	2:14	90	6:58	0.50	15:14	1.97	11	2:14	90	6:58
Rad netto	20.00	40:11	29.86	3	3:26	36	11:52	20.50	55:25	22.20	11	5:40	38	11:22
Wechsel R -> L	-	0:46	-	3	0:07	15	0:16	20.50	56:11	21.89	11	5:31	90	11:38
Rad 000	20.00	40:57	29.30	3	3:17	31	11:18	20.50	56:11	21.89	11	5:31	90	11:38
Lauf	5.00	23:58	12.52	1	-	14	4:38	25.50	1:20:09	19.09	2	5:19	25	16:16