



12. Lorsche Triathlon

Lorsch / 02.08.2015

0000

Traine, Isabella

000: 1:26:19

00: 300

00: 25.50 km

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

0000:

weibliche AK 2 (TW 25)

00000/000: 258 (of 340)

00000/0: 47 (of 89)

000000: 1:03:53

00000: 6(of 11)

0000000: 1:15:03

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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	11:21	2.64	6	2:27	29	4:35	0.50	11:21	2.64	12	2:27	90	4:35
Wechsel S -> R	-	2:32	-	5	0:35	31	1:02	0.50	13:53	2.16	12	2:45	90	5:37
Schwimmen 000	0.50	13:53	2.16	12	2:45	90	5:37	0.50	13:53	2.16	12	2:45	90	5:37
Rad netto	20.00	44:25	27.02	8	5:43	71	16:06	20.50	58:18	21.10	12	8:28	90	14:15
Wechsel R -> L	-	1:02	-	7	0:25	42	0:32	20.50	59:20	20.73	12	8:35	90	14:47
Rad 000	20.00	45:27	26.40	8	5:58	68	15:48	20.50	59:20	20.73	12	8:35	90	14:47
Lauf	5.00	26:59	11.12	7	4:11	45	7:39	25.50	1:26:19	17.73	6	11:16	49	22:26