



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Gericke, Claudia

000: 1:35:27

00: Laudenbach

00: 313

00: 25.50 km

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

0000:

Seniorinnen 1 (TW 40)

00000/000: 320 (of 340)

00000/0: 79 (of 89)

000000: 1:03:53

00000: 16(of 19)

0000000: 1:08:23

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0000

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	14:14	2.11	16	5:36	76	7:28	0.50	14:14	2.11	20	5:36	90	7:28
Wechsel S -> R	-	3:57	-	18	1:50	82	2:27	0.50	18:11	1.65	20	7:26	90	9:55
Schwimmen 000	0.50	18:11	1.65	20	7:26	90	9:55	0.50	18:11	1.65	20	7:26	90	9:55
Rad netto	20.00	48:17	24.85	19	13:29	87	19:58	20.50	1:06:28	18.51	20	20:55	90	22:25
Wechsel R -> L	-	1:16	-	14	0:32	61	0:46	20.50	1:07:44	18.16	20	21:15	90	23:11
Rad 000	20.00	49:33	24.22	19	13:49	88	19:54	20.50	1:07:44	18.16	20	21:15	90	23:11
Lauf	5.00	27:43	10.82	8	5:49	58	8:23	25.50	1:35:27	16.03	16	27:04	81	31:34