



12. Lorsch Triathlon

Lorsch / 02.08.2015

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Schildhauer, Franziska

000: 1:03:53

00: Soprema Team SV Mannheim

00: 91

00: 25.50 km

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

00000/000: 10 (of 340)

00000/0: 1 (of 89)

000000: 1:03:53

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00000: 1(of 2)

weibliche Jugend A (TW 16/17)

0000000: 1:03:53

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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	6:46	4.43	1	-	1	-	0.50	6:46	4.43	1	-	1	-
Wechsel S -> R	-	1:30	-	1	-	1	-	0.50	8:16	3.63	1	-	1	-
Schwimmen 000	0.50	8:16	3.63	1	-	1	-	0.50	8:16	3.63	1	-	1	-
Rad netto	20.00	35:47	33.54	1	-	5	7:28	20.50	44:03	27.92	1	-	1	-
Wechsel R -> L	-	0:30	-	1	-	1	-	20.50	44:33	27.61	1	-	1	-
Rad 000	20.00	36:17	33.07	1	-	3	6:38	20.50	44:33	27.61	1	-	1	-
Lauf	5.00	19:20	15.52	1	-	1	-	25.50	1:03:53	23.95	1	-	1	-