



12. Lorsche Triathlon

Lorsch / 02.08.2015

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Grieser, Sandra

000: 1:30:21

00: 393

00: 25.50 km

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

0000:

weibliche AK 4 (TW 35)

00000/000: 292 (of 340)

00000/0: 64 (of 89)

000000: 1:03:53

00000: 9(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	14:17	2.10	10	2:57	77	7:31	0.50	14:17	2.10	11	2:57	90	7:31
Wechsel S -> R	-	3:50	-	9	2:10	81	2:20	0.50	18:07	1.66	11	5:07	90	9:51
Schwimmen 000	0.50	18:07	1.66	11	5:07	90	9:51	0.50	18:07	1.66	11	5:07	90	9:51
Rad netto	20.00	41:48	28.71	6	5:03	49	13:29	20.50	59:55	20.53	11	10:10	90	15:52
Wechsel R -> L	-	2:04	-	10	1:25	87	1:34	20.50	1:01:59	19.84	11	11:19	90	17:26
Rad 000	20.00	43:52	27.36	6	6:12	60	14:13	20.50	1:01:59	19.84	11	11:19	90	17:26
Lauf	5.00	28:22	10.58	9	4:24	63	9:02	25.50	1:30:21	16.93	9	15:31	66	26:28