



12. Lorsche Triathlon

Lorsch / 02.08.2015

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Schierloh, Brigitte

000: 1:08:23

00: TSG Wiesloch

00: 78

00: 25.50 km

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

00000/000: 32 (of 340)

00000/0: 2 (of 89)

000000: 1:03:53

0000:

00000: 1(of 19)

Seniorinnen 1 (TW 40)

0000000: 1:08:23

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	8:38	3.47	1	-	2	1:52	0.50	8:38	3.47	1	-	2	1:52	
Wechsel S -> R	-	2:07	-	1	-	8	0:37	0.50	10:45	2.79	1	-	2	2:29	
Schwimmen 000	0.50	10:45	2.79	1	-	2	2:29	0.50	10:45	2.79	1	-	2	2:29	
Rad netto	20.00	34:48	34.48	1	-	2	6:29	20.50	45:33	27.00	1	-	3	1:30	
Wechsel R -> L	-	0:56	-	5	0:12	29	0:26	20.50	46:29	26.46	1	-	3	1:56	
Rad 000	20.00	35:44	33.58	1	-	2	6:05	20.50	46:29	26.46	1	-	3	1:56	
Lauf	5.00	21:54	13.70	1	-	6	2:34	25.50	1:08:23	22.37	1	-	2	4:30	