



12. Lorsch Triathlon

Lorsch / 02.08.2015

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Götzinger, Katharina

000: 1:13:33

00: 61

00: 25.50 km

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

00000/000: 90 (of 340)

00000/0: 6 (of 89)

000000: 1:03:53

0000:

weibliche AK 3 (TW 30)

00000: 2(of 9)

0000000: 1:12:01

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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	11:01	2.72	5	0:37	21	4:15	0.50	11:01	2.72	10	0:37	21	4:15
Wechsel S -> R	-	2:18	-	4	0:36	18	0:48	0.50	13:19	2.25	10	1:00	20	5:03
Schwimmen 000	0.50	13:19	2.25	10	1:00	20	5:03	0.50	13:19	2.25	10	1:00	20	5:03
Rad netto	20.00	37:45	31.79	4	1:55	14	9:26	20.50	51:04	24.09	10	2:14	14	7:01
Wechsel R -> L	-	1:02	-	4	0:18	42	0:32	20.50	52:06	23.61	10	2:32	14	7:33
Rad 000	20.00	38:47	30.94	4	2:02	15	9:08	20.50	52:06	23.61	10	2:32	14	7:33
Lauf	5.00	21:27	13.99	1	-	5	2:07	25.50	1:13:33	20.80	2	1:32	8	9:40