



12. Lorsch Triathlon

Lorsch / 02.08.2015

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Herbert, Anette

000: 1:21:06

00: RV 03 Bürstadt Triathlon

00: 58

00: 25.50 km

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

0000:

Seniorinnen 2 TW 45)

00000/000: 203 (of 340)

00000/0: 29 (of 89)

000000: 1:03:53

00000: 8(of 20)

0000000: 1:10:00

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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	10:45	2.79	5	1:53	15	3:59	0.50	10:45	2.79	5	1:53	15	3:59	
Wechsel S -> R	-	2:22	-	6	0:21	20	0:52	0.50	13:07	2.29	4	1:55	14	4:51	
Schwimmen 000	0.50	13:07	2.29	4	1:55	14	4:51	0.50	13:07	2.29	4	1:55	14	4:51	
Rad netto	20.00	39:53	30.09	9	4:07	29	11:34	20.50	53:00	23.21	21	5:36	24	8:57	
Wechsel R -> L	-	0:56	-	5	0:13	29	0:26	20.50	53:56	22.81	21	5:44	23	9:23	
Rad 000	20.00	40:49	29.40	8	4:15	30	11:10	20.50	53:56	22.81	21	5:44	23	9:23	
Lauf	5.00	27:10	11.04	14	7:50	49	7:50	25.50	1:21:06	18.87	9	11:06	31	17:13	