



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Günster, Britta

000: 1:21:29

00: 85

00: 25.50 km

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

0000:

weibliche AK 3 (TW 30)

00000/000: 207 (of 340)

00000/0: 31 (of 89)

000000: 1:03:53

00000: 6(of 9)

0000000: 1:12:01

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000

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	12:29	2.40	9	2:05	53	5:43	0.50	12:29	2.40	10	2:05	53	5:43	
Wechsel S -> R	-	2:58	-	7	1:16	55	1:28	0.50	15:27	1.94	10	3:08	50	7:11	
Schwimmen 000	0.50	15:27	1.94	10	3:08	50	7:11	0.50	15:27	1.94	10	3:08	50	7:11	
Rad netto	20.00	38:01	31.57	5	2:11	16	9:42	20.50	53:28	23.00	10	4:38	27	9:25	
Wechsel R -> L	-	1:18	-	7	0:34	63	0:48	20.50	54:46	22.46	10	5:12	29	10:13	
Rad 000	20.00	39:19	30.52	5	2:34	18	9:40	20.50	54:46	22.46	10	5:12	29	10:13	
Lauf	5.00	26:43	11.23	6	5:16	39	7:23	25.50	1:21:29	18.78	6	9:28	33	17:36	