



12. Lorsche Triathlon

Lorsch / 02.08.2015

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Wolfmüller, Elvira

000: 1:22:12

00: 72

00: 25.50 km

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

0000:

Seniorinnen 2 TW 45)

00000/000: 215 (of 340)

00000/0: 33 (of 89)

000000: 1:03:53

00000: 9(of 20)

0000000: 1:10:00

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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	10:36	2.83	4	1:44	12	3:50	0.50	10:36	2.83	4	1:44	12	3:50
Wechsel S -> R	-	2:35	-	8	0:34	33	1:05	0.50	13:11	2.28	5	1:59	16	4:55
Schwimmen 000	0.50	13:11	2.28	5	1:59	16	4:55	0.50	13:11	2.28	5	1:59	16	4:55
Rad netto	20.00	41:28	28.94	14	5:42	46	13:09	20.50	54:39	22.51	21	7:15	33	10:36
Wechsel R -> L	-	1:25	-	15	0:42	73	0:55	20.50	56:04	21.94	21	7:52	34	11:31
Rad 000	20.00	42:53	27.98	14	6:19	48	13:14	20.50	56:04	21.94	21	7:52	34	11:31
Lauf	5.00	26:08	11.48	10	6:48	32	6:48	25.50	1:22:12	18.61	10	12:12	35	18:19