



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Weber, Ulrike

000: 1:22:52

00: TV Rheinau

00: 71

00: 25.50 km

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

00000/000: 220 (of 340)

00000/0: 34 (of 89)

000000: 1:03:53

00000: 10(of 20)

0000000: 1:10:00

0000:

Seniorinnen 2 TW 45)

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0000

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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	13:46	2.18	16	4:54	72	7:00	0.50	13:46	2.18	16	4:54	72	7:00
Wechsel S -> R	-	2:48	-	11	0:47	44	1:18	0.50	16:34	1.81	16	5:22	66	8:18
Schwimmen 000	0.50	16:34	1.81	16	5:22	66	8:18	0.50	16:34	1.81	16	5:22	66	8:18
Rad netto	20.00	40:01	29.99	11	4:15	32	11:42	20.50	56:35	21.74	21	9:11	43	12:32
Wechsel R -> L	-	1:57	-	20	1:14	85	1:27	20.50	58:32	21.01	21	10:20	48	13:59
Rad 000	20.00	41:58	28.59	12	5:24	39	12:19	20.50	58:32	21.01	21	10:20	48	13:59
Lauf	5.00	24:20	12.33	6	5:00	21	5:00	25.50	1:22:52	18.46	11	12:52	36	18:59