



12. Lorsch Triathlon

Lorsch / 02.08.2015

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Leroy, Nathalie

000: 1:22:55

00: 95

00: 25.50 km

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

0000:

weibliche AK 1 (TW 20)

00000/000: 221 (of 340)

00000/0: 35 (of 89)

000000: 1:03:53

00000: 1(of 1)

0000000: 1:22:55

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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	12:15	2.45	1	-	51	5:29	0.50	12:15	2.45	1	-	51	5:29	
Wechsel S -> R	-	2:27	-	1	-	25	0:57	0.50	14:42	2.04	1	-	37	6:26	
Schwimmen 000	0.50	14:42	2.04	1	-	37	6:26	0.50	14:42	2.04	1	-	37	6:26	
Rad netto	20.00	38:49	30.91	1	-	23	10:30	20.50	53:31	22.98	1	-	28	9:28	
Wechsel R -> L	-	1:03	-	1	-	46	0:33	20.50	54:34	22.54	1	-	28	10:01	
Rad 000	20.00	39:52	30.10	1	-	21	10:13	20.50	54:34	22.54	1	-	28	10:01	
Lauf	5.00	28:21	10.58	1	-	62	9:01	25.50	1:22:55	18.45	1	-	37	19:02	