



# 12. Lorsch Triathlon

Lorsch / 02.08.2015

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Köhler, Gabi

000: 1:27:20

00: 67

00: 25.50 km

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

00000/000: 266 (of 340)

00000/0: 53 (of 89)

000000: 1:03:53

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Seniorinnen 3 (TW 50)

00000: 5(of 7)

0000000: 1:12:33

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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	14:02	2.14	5	2:52	74	7:16	0.50	14:02	2.14	5	2:52	74	7:16
Wechsel S -> R	-	3:41	-	7	1:41	77	2:11	0.50	17:43	1.69	6	4:33	75	9:27
Schwimmen 000	0.50	17:43	1.69	6	4:33	75	9:27	0.50	17:43	1.69	6	4:33	75	9:27
Rad netto	20.00	41:14	29.10	3	5:42	44	12:55	20.50	58:57	20.87	5	10:15	60	14:54
Wechsel R -> L	-	1:53	-	6	1:06	84	1:23	20.50	1:00:50	20.22	5	11:21	63	16:17
Rad 000	20.00	43:07	27.83	3	6:48	52	13:28	20.50	1:00:50	20.22	5	11:21	63	16:17
Lauf	5.00	26:30	11.32	4	3:26	35	7:10	25.50	1:27:20	17.52	5	14:47	55	23:27