



12. Lorsche Triathlon

Lorsch / 02.08.2015

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Schulz, Rosa

000: 1:30:52

00: 83

00: 25.50 km

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

0000:

weibliche AK 2 (TW 25)

00000/000: 296 (of 340)

00000/0: 67 (of 89)

000000: 1:03:53

00000: 10(of 11)

0000000: 1:15:03

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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	13:13	2.27	8	4:19	61	6:27	0.50	13:13	2.27	8	4:19	61	6:27
Wechsel S -> R	-	3:00	-	9	1:03	56	1:30	0.50	16:13	1.85	8	5:05	60	7:57
Schwimmen 000	0.50	16:13	1.85	8	5:05	60	7:57	0.50	16:13	1.85	8	5:05	60	7:57
Rad netto	20.00	46:11	25.98	10	7:29	83	17:52	20.50	1:02:24	19.71	10	12:34	76	18:21
Wechsel R -> L	-	1:03	-	8	0:26	46	0:33	20.50	1:03:27	19.39	10	12:42	76	18:54
Rad 000	20.00	47:14	25.41	10	7:45	80	17:35	20.50	1:03:27	19.39	10	12:42	76	18:54
Lauf	5.00	27:25	10.94	9	4:37	54	8:05	25.50	1:30:52	16.84	9	15:49	68	26:59