



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Koch, Karina

000: 1:14:30

00: Heppenheimer Skiclub

00: 113

00: 25.50 km

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

00000/000: 107 (of 340)

00000/0: 8 (of 89)

000000: 1:03:53

0000:

00000: 3(of 20)

Seniorinnen 2 TW 45)

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	14:47	2.03	18	5:55	80	8:01	0.50	14:47	2.03	21	5:55	90	8:01
Wechsel S -> R	-	2:13	-	3	0:12	12	0:43	0.50	17:00	1.76	21	5:48	90	8:44
Schwimmen 000	0.50	17:00	1.76	21	5:48	90	8:44	0.50	17:00	1.76	21	5:48	90	8:44
Rad netto	20.00	37:27	32.04	3	1:41	12	9:08	20.50	54:27	22.59	21	7:03	90	10:24
Wechsel R -> L	-	0:43	-	1	-	9	0:13	20.50	55:10	22.30	21	6:58	90	10:37
Rad 000	20.00	38:10	31.44	2	1:36	10	8:31	20.50	55:10	22.30	21	6:58	90	10:37
Lauf	5.00	19:20	15.52	1	-	1	-	25.50	1:14:30	20.54	4	4:30	10	10:37