



# 4. Charity Triathlon Bidingen

Bidingen / 31.05.2015

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Rusche, Patrizia

000: 2:06:57

00: Frankfurt am Main

00: 191

00: 37.25 km

Power-Distanz (0,75-29,0-7,5 km)

00000/000: 31 (of 39)

00000/0: 5 (of 9)

000000: 1:49:31

0000:

Seniorinnen 2 WK45

00000: 1(of 1)

0000000: 2:06:57

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen	0.75	21:19	28:25	1	-	9	7:48	0.75	21:19	28:25	1	-	9	7:48
Rad	29.00	1:02:31	2:09	1	-	4	4:58	29.75	1:23:50	2:49	1	-	5	12:17
Lauf	7.50	43:07	5:44	1	-	4	5:09	37.25	2:06:57	3:24	1	-	5	17:26