



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Steffes-Schneider, Simone

□□□: 1:14:03

□□: Stimmel-Sports

□□: 139

□□: 25.50 km

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

□□□□□/□□□: 108 (of 336)

□□□□□/□: 13 (of 96)

□□□□□□: 1:04:25

□□□□:

Seniorinnen 2 TW 45)

□□□□□: 3(of 11)

□□□□□□□: 1:12:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	8:54	17:48	1	-	5	0:35	0.50	8:54	17:48	1	-	97	0:35
Wechsel S -> R	-	2:05	-	1	-	11	1:25	0.50	10:59	21:57	1	-	97	0:53
Schwimmen □□□	0.50	10:59	21:57	1	-	97	0:53	0.50	10:59	21:57	1	-	97	0:53
Rad netto	20.00	36:52	1:50	1	-	9	3:59	20.50	47:51	2:20	1	-	97	4:33
Wechsel R -> L	-	1:26	-	8	0:36	73	0:57	20.50	49:17	2:24	1	-	97	5:24
Rad □□□	20.00	38:18	1:54	1	-	11	4:50	20.50	49:17	2:24	1	-	97	5:24
Lauf	5.00	24:46	4:57	4	3:22	20	10:23	25.50	1:14:03	2:54	3	1:37	13	9:38