



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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Howard, Kira

□□□: 1:38:14

□□: 83

□□: 25.50 km

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

□□□□□/□□□: 315 (of 336)

□□□□□/□: 83 (of 96)

□□□□□□: 1:04:25

□□□□:

weibliche AK 3 (TW 30)

□□□□□: 13(of 14)

□□□□□□□: 1:09:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	11:51	23:41	9	3:32	55	3:32	0.50	11:51	23:41	9	3:32	55	3:32
Wechsel S -> R	-	3:22	-	11	1:35	74	2:42	0.50	15:13	30:26	9	5:07	65	5:07
Schwimmen □□□	0.50	15:13	30:26	9	5:07	65	5:07	0.50	15:13	30:26	9	5:07	65	5:07
Rad netto	20.00	48:24	2:25	12	14:20	87	15:31	20.50	1:03:37	3:06	12	16:54	81	20:19
Wechsel R -> L	-	1:04	-	8	0:27	48	0:35	20.50	1:04:41	3:09	12	17:09	80	20:48
Rad □□□	20.00	49:28	2:28	12	14:35	87	16:00	20.50	1:04:41	3:09	12	17:09	80	20:48
Lauf	5.00	33:33	6:42	13	19:10	84	19:10	25.50	1:38:14	3:51	13	28:36	83	33:49