



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Deuerling, Silke

000: 1:38:58

00: TG Heddesheim

00: 62

00: 25.50 km

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

00000/000: 317 (of 336)

00000/0: 85 (of 96)

000000: 1:04:25

0000:

Seniorinnen 2 TW 45)

00000: 10(of 11)

0000000: 1:12:26

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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 nett	0.50	13:38	27:15	10	4:44	79	5:19	0.50	13:38	27:15	12	4:44	79	5:19
Wechsel S -> R	-	3:18	-	9	1:13	72	2:38	0.50	16:56	33:52	12	5:57	81	6:50
Schwimmen 000	0.50	16:56	33:52	12	5:57	81	6:50	0.50	16:56	33:52	12	5:57	81	6:50
Rad netto	20.00	47:33	2:22	11	10:41	85	14:40	20.50	1:04:29	3:08	12	16:38	83	21:11
Wechsel R -> L	-	1:06	-	5	0:16	52	0:37	20.50	1:05:35	3:11	12	16:18	83	21:42
Rad 000	20.00	48:39	2:25	10	10:21	83	15:11	20.50	1:05:35	3:11	12	16:18	83	21:42
Lauf	5.00	33:23	6:40	10	11:59	83	19:00	25.50	1:38:58	3:52	10	26:32	85	34:33