



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Träger, Hanna

000: 1:40:41

00: 86

00: 25.50 km

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

00000/000: 321 (of 336)

00000/0: 88 (of 96)

000000: 1:04:25

0000:

weibliche AK 1 (TW 20)

00000: 6(of 6)

0000000: 1:18:29

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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	11:43	23:26	3	2:47	51	3:24	0.50	11:43	23:26	7	2:47	52	3:24
Wechsel S -> R	-	3:15	-	6	0:36	69	2:35	0.50	14:58	29:56	7	2:59	58	4:52
Schwimmen 000	0.50	14:58	29:56	7	2:59	58	4:52	0.50	14:58	29:56	7	2:59	58	4:52
Rad netto	20.00	50:27	2:31	6	12:38	90	17:34	20.50	1:05:25	3:11	7	15:37	84	22:07
Wechsel R -> L	-	1:22	-	6	0:43	71	0:53	20.50	1:06:47	3:15	7	16:06	84	22:54
Rad 000	20.00	51:49	2:35	6	13:07	90	18:21	20.50	1:06:47	3:15	7	16:06	84	22:54
Lauf	5.00	33:54	6:46	6	7:54	87	19:31	25.50	1:40:41	3:56	6	22:12	88	36:16