



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Reinhardt, Simone

000: 1:47:12

00: 87

00: 25.50 km

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

00000/000: 326 (of 336)

00000/0: 90 (of 96)

000000: 1:04:25

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Seniorinnen 1 (TW 40)

00000: 17(of 19)

0000000: 1:04:25

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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	14:24	28:48	17	5:44	87	6:05	0.50	14:24	28:48	17	5:44	87	6:05
Wechsel S -> R	-	3:51	-	18	2:11	86	3:11	0.50	18:15	36:30	18	7:50	88	8:09
Schwimmen 000	0.50	18:15	36:30	18	7:50	88	8:09	0.50	18:15	36:30	18	7:50	88	8:09
Rad netto	20.00	47:10	2:21	17	14:17	83	14:17	20.50	1:05:25	3:11	17	22:07	84	22:07
Wechsel R -> L	-	1:51	-	19	1:16	90	1:22	20.50	1:07:16	3:16	17	23:23	85	23:23
Rad 000	20.00	49:01	2:27	17	15:33	84	15:33	20.50	1:07:16	3:16	17	23:23	85	23:23
Lauf	5.00	39:56	7:59	19	19:24	93	25:33	25.50	1:47:12	4:12	17	42:47	90	42:47