



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Epple, Anke

000: 1:47:22

00: 74

00: 25.50 km

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

00000/000: 327 (of 336)

00000/0: 91 (of 96)

000000: 1:04:25

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Seniorinnen 1 (TW 40)

00000: 18(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	12:50	25:40	13	4:10	69	4:31	0.50	12:50	25:40	13	4:10	69	4:31
Wechsel S -> R	-	3:44	-	17	2:04	83	3:04	0.50	16:34	33:07	15	6:09	76	6:28
Schwimmen 000	0.50	16:34	33:07	15	6:09	76	6:28	0.50	16:34	33:07	15	6:09	76	6:28
Rad netto	20.00	57:28	2:52	18	24:35	95	24:35	20.50	1:14:02	3:36	18	30:44	94	30:44
Wechsel R -> L	-	1:31	-	16	0:56	79	1:02	20.50	1:15:33	3:41	18	31:40	94	31:40
Rad 000	20.00	58:59	2:56	19	25:31	96	25:31	20.50	1:15:33	3:41	18	31:40	94	31:40
Lauf	5.00	31:49	6:21	15	11:17	79	17:26	25.50	1:47:22	4:12	18	42:57	91	42:57