



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Ewig, Jutta

000: 1:30:30

00: RV 03 Bürstadt Triathlon

00: 97

00: 25.50 km

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

00000/000: 287 (of 336)

00000/0: 73 (of 96)

000000: 1:04:25

0000:

Seniorinnen 2 TW 45)

00000: 9(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	11:27	22:53	6	2:33	42	3:08	0.50	11:27	22:53	6	2:33	97	3:08
Wechsel S -> R	-	3:55	-	10	1:50	88	3:15	0.50	15:22	30:44	8	4:23	97	5:16
Schwimmen 000	0.50	15:22	30:44	8	4:23	97	5:16	0.50	15:22	30:44	8	4:23	97	5:16
Rad netto	20.00	38:50	1:56	5	1:58	27	5:57	20.50	54:12	2:38	6	6:21	97	10:54
Wechsel R -> L	-	1:09	-	6	0:19	55	0:40	20.50	55:21	2:42	6	6:04	97	11:28
Rad 000	20.00	39:59	1:59	4	1:41	25	6:31	20.50	55:21	2:42	6	6:04	97	11:28
Lauf	5.00	35:09	7:01	11	13:45	89	20:46	25.50	1:30:30	3:32	9	18:04	73	26:05