



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Keinert, Gabriele

000: 1:32:53

00: DJK Käfertal-Waldhof

00: 128

00: 25.50 km

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

00000/000: 300 (of 336)

00000/0: 77 (of 96)

000000: 1:04:25

0000:

Seniorinnen 5 (TW 60)

00000: 2(of 4)

0000000: 1:22:17

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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	15:43	31:26	3	4:47	94	7:24	0.50	15:43	31:26	5	4:47	97	7:24
Wechsel S -> R	-	3:18	-	2	0:13	72	2:38	0.50	19:01	38:01	5	5:00	97	8:55
Schwimmen 000	0.50	19:01	38:01	5	5:00	97	8:55	0.50	19:01	38:01	5	5:00	97	8:55
Rad netto	20.00	44:44	2:14	2	5:14	77	11:51	20.50	1:03:45	3:06	5	10:14	97	20:27
Wechsel R -> L	-	1:32	-	2	0:03	81	1:03	20.50	1:05:17	3:11	5	10:17	97	21:24
Rad 000	20.00	46:16	2:18	2	5:17	78	12:48	20.50	1:05:17	3:11	5	10:17	97	21:24
Lauf	5.00	27:36	5:31	2	0:19	50	13:13	25.50	1:32:53	3:38	2	10:36	77	28:28