



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Hornung, Carina

000: 1:52:56

00: 50

00: 25.50 km

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

00000/000: 332 (of 336)

00000/0: 93 (of 96)

000000: 1:04:25

0000:

weibliche AK 3 (TW 30)

00000: 14(of 14)

0000000: 1:09:38

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0000

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	13:59	27:57	12	5:40	81	5:40	0.50	13:59	27:57	12	5:40	81	5:40
Wechsel S -> R	-	3:58	-	14	2:11	90	3:18	0.50	17:57	35:53	14	7:51	86	7:51
Schwimmen 000	0.50	17:57	35:53	14	7:51	86	7:51	0.50	17:57	35:53	14	7:51	86	7:51
Rad netto	20.00	51:24	2:34	14	17:20	91	18:31	20.50	1:09:21	3:22	14	22:38	91	26:03
Wechsel R -> L	-	0:54	-	5	0:17	29	0:25	20.50	1:10:15	3:25	14	22:43	91	26:22
Rad 000	20.00	52:18	2:36	14	17:25	91	18:50	20.50	1:10:15	3:25	14	22:43	91	26:22
Lauf	5.00	42:41	8:32	14	28:18	95	28:18	25.50	1:52:56	4:25	14	43:18	93	48:31