



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Wittke, Carina

□□□: 1:59:42

□□: 54

□□: 25.50 km

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

□□□□□/□□□: 335 (of 336)

□□□□□/□: 96 (of 96)

□□□□□□: 1:04:25

□□□□:

weibliche AK 2 (TW 25)

□□□□□: 15(of 15)

□□□□□□□: 1:10:02

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	14:56	29:52	14	5:34	91	6:37	0.50	14:56	29:52	14	5:34	91	6:37
Wechsel S -> R	-	4:57	-	15	3:09	95	4:17	0.50	19:53	39:45	15	8:05	94	9:47
Schwimmen □□□	0.50	19:53	39:45	15	8:05	94	9:47	0.50	19:53	39:45	15	8:05	94	9:47
Rad netto	20.00	56:37	2:49	15	20:40	94	23:44	20.50	1:16:30	3:43	15	28:24	95	33:12
Wechsel R -> L	-	1:14	-	13	0:45	64	0:45	20.50	1:17:44	3:47	15	29:09	95	33:51
Rad □□□	20.00	57:51	2:53	15	21:20	94	24:23	20.50	1:17:44	3:47	15	29:09	95	33:51
Lauf	5.00	41:58	8:23	15	23:13	94	27:35	25.50	1:59:42	4:41	15	49:40	96	55:17