



13. Lorsch Triathlon

Lorsch / 14.08.2016

□□□□

Kripp, Nicole

□□□: 1:21:29

□□: Ludwigshafener Schwimmverein 07

□□: 146

□□: 25.50 km

□□□□□/□□□: 198 (of 336)

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

□□□□□/□: 33 (of 96)

□□□□□□: 1:04:25

□□□□:

□□□□□: 6(of 10)

Seniorinnen 3 (TW 50)

□□□□□□□: 1:13:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	11:42	23:23	4	2:58	50	3:23	0.50	11:42	23:23	11	2:58	97	3:23
Wechsel S -> R	-	2:47	-	7	1:07	49	2:07	0.50	14:29	28:57	11	3:08	44	4:23
Schwimmen □□□	0.50	14:29	28:57	11	3:08	44	4:23	0.50	14:29	28:57	11	3:08	44	4:23
Rad netto	20.00	40:42	2:02	7	3:26	44	7:49	20.50	55:11	2:41	11	5:34	44	11:53
Wechsel R -> L	-	0:56	-	3	0:07	32	0:27	20.50	56:07	2:44	11	4:55	97	12:14
Rad □□□	20.00	41:38	2:04	7	3:24	42	8:10	20.50	56:07	2:44	11	4:55	97	12:14
Lauf	5.00	25:22	5:04	5	3:41	29	10:59	25.50	1:21:29	3:11	6	7:44	33	17:04