



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Niebler, Susanne

000: 1:26:15

00: TSV Amicitia Viernheim

00: 188

00: 25.50 km

00000/000: 254 (of 336)

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

00000/0: 60 (of 96)

000000: 1:04:25

0000:

00000: 10(of 19)

Seniorinnen 1 (TW 40)

0000000: 1:04:25

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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	13:10	26:19	15	4:30	72	4:51	0.50	13:10	26:19	20	4:30	72	4:51
Wechsel S -> R	-	2:12	-	4	0:32	15	1:32	0.50	15:22	30:44	20	4:57	97	5:16
Schwimmen 000	0.50	15:22	30:44	20	4:57	97	5:16	0.50	15:22	30:44	20	4:57	97	5:16
Rad netto	20.00	40:24	2:01	9	7:31	41	7:31	20.50	55:46	2:43	20	12:28	48	12:28
Wechsel R -> L	-	1:00	-	7	0:25	39	0:31	20.50	56:46	2:46	20	12:53	97	12:53
Rad 000	20.00	41:24	2:04	8	7:56	39	7:56	20.50	56:46	2:46	20	12:53	97	12:53
Lauf	5.00	29:29	5:53	13	8:57	69	15:06	25.50	1:26:15	3:22	10	21:50	60	21:50