



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Redlow, Natascha

000: 1:38:00

00: 166

00: 25.50 km

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

00000/000: 314 (of 336)

00000/0: 82 (of 96)

000000: 1:04:25

0000:

weibliche AK 2 (TW 25)

00000: 14(of 15)

0000000: 1:10:02

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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	15:10	30:19	15	5:48	92	6:51	0.50	15:10	30:19	16	5:48	97	6:51
Wechsel S -> R	-	3:50	-	14	2:02	85	3:10	0.50	19:00	38:00	16	7:12	97	8:54
Schwimmen 000	0.50	19:00	38:00	16	7:12	97	8:54	0.50	19:00	38:00	16	7:12	97	8:54
Rad netto	20.00	48:22	2:25	14	12:25	86	15:29	20.50	1:07:22	3:17	16	19:16	97	24:04
Wechsel R -> L	-	0:49	-	5	0:20	19	0:20	20.50	1:08:11	3:19	16	19:36	97	24:18
Rad 000	20.00	49:11	2:27	14	12:40	85	15:43	20.50	1:08:11	3:19	16	19:36	97	24:18
Lauf	5.00	29:49	5:57	14	11:04	72	15:26	25.50	1:38:00	3:50	14	27:58	82	33:35