



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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Fehrenbach, Nicole

000: 1:18:19

00: Team Body-Attack

00: 196

00: 25.50 km

00000/000: 162 (of 336)

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

00000/0: 22 (of 96)

000000: 1:04:25

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00000: 4(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	10:13	20:26	4	1:33	16	1:54	0.50	10:13	20:26	20	1:33	97	1:54
Wechsel S -> R	-	1:40	-	1	-	3	1:00	0.50	11:53	23:45	20	1:28	97	1:47
Schwimmen 000	0.50	11:53	23:45	20	1:28	97	1:47	0.50	11:53	23:45	20	1:28	97	1:47
Rad netto	20.00	38:19	1:54	4	5:26	21	5:26	20.50	50:12	2:26	20	6:54	97	6:54
Wechsel R -> L	-	0:55	-	5	0:20	31	0:26	20.50	51:07	2:29	20	7:14	97	7:14
Rad 000	20.00	39:14	1:57	4	5:46	21	5:46	20.50	51:07	2:29	20	7:14	97	7:14
Lauf	5.00	27:12	5:26	6	6:40	46	12:49	25.50	1:18:19	3:04	4	13:54	22	13:54