



# 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

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

00000/000: 162 (of 336)

00000/0: 22 (of 96)

000000: 1:04:25

0000:

Seniorinnen 1 (TW 40)

00000: 4(of 19)

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 |