



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Strelow, Kathrin

□□□: 1:21:09

□□: 235

□□: 25.50 km

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

□□□□□/□□□: 196 (of 336)

□□□□□/□: 32 (of 96)

□□□□□□: 1:04:25

□□□□:

Seniorinnen 1 (TW 40)

□□□□□: 5(of 19)

□□□□□□□: 1:04:25

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	11:10	22:19	8	2:30	35	2:51	0.50	11:10	22:19	20	2:30	97	2:51	
Wechsel S -> R	-	2:37	-	8	0:57	31	1:57	0.50	13:47	27:33	20	3:22	97	3:41	
Schwimmen □□□	0.50	13:47	27:33	20	3:22	97	3:41	0.50	13:47	27:33	20	3:22	97	3:41	
Rad netto	20.00	38:28	1:55	5	5:35	25	5:35	20.50	52:15	2:32	20	8:57	97	8:57	
Wechsel R -> L	-	1:16	-	11	0:41	66	0:47	20.50	53:31	2:36	20	9:38	97	9:38	
Rad □□□	20.00	39:44	1:59	5	6:16	23	6:16	20.50	53:31	2:36	20	9:38	97	9:38	
Lauf	5.00	27:38	5:31	8	7:06	51	13:15	25.50	1:21:09	3:10	5	16:44	32	16:44	