



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Bösel, Melanie

000: 1:22:09

00: 208

00: 25.50 km

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

00000/000: 206 (of 336)

00000/0: 37 (of 96)

000000: 1:04:25

0000:

weibliche Junioren (TW18/19)

00000: 1(of 2)

0000000: 1:22:09

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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	11:43	23:26	1	-	51	3:24	0.50	11:43	23:26	1	-	52	3:24
Wechsel S -> R	-	2:37	-	2	0:15	31	1:57	0.50	14:20	28:40	1	-	97	4:14
Schwimmen 000	0.50	14:20	28:40	1	-	97	4:14	0.50	14:20	28:40	1	-	97	4:14
Rad netto	20.00	39:33	1:58	1	-	35	6:40	20.50	53:53	2:37	1	-	97	10:35
Wechsel R -> L	-	0:47	-	1	-	16	0:18	20.50	54:40	2:39	1	-	97	10:47
Rad 000	20.00	40:20	2:00	1	-	31	6:52	20.50	54:40	2:39	1	-	97	10:47
Lauf	5.00	27:29	5:29	2	2:18	49	13:06	25.50	1:22:09	3:13	1	-	37	17:44