



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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Hartmann, Amelie

000: 1:16:34

00: 284

00: 25.50 km

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

00000/000: 130 (of 336)

00000/0: 17 (of 96)

000000: 1:04:25

0000:

weibliche AK 2 (TW 25)

00000: 5(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	12:01	24:02	10	2:39	58	3:42	0.50	12:01	24:02	16	2:39	97	3:42
Wechsel S -> R	-	2:47	-	10	0:59	49	2:07	0.50	14:48	29:36	16	3:00	97	4:42
Schwimmen 000	0.50	14:48	29:36	16	3:00	97	4:42	0.50	14:48	29:36	16	3:00	97	4:42
Rad netto	20.00	37:56	1:53	5	1:59	18	5:03	20.50	52:44	2:34	16	4:38	97	9:26
Wechsel R -> L	-	1:16	-	14	0:47	66	0:47	20.50	54:00	2:38	16	5:25	97	10:07
Rad 000	20.00	39:12	1:57	5	2:41	19	5:44	20.50	54:00	2:38	16	5:25	97	10:07
Lauf	5.00	22:34	4:30	4	3:49	14	8:11	25.50	1:16:34	3:00	5	6:32	17	12:09