



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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Müller, Verena

000: 1:20:56

00: 273

00: 25.50 km

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

00000/000: 194 (of 336)

00000/0: 31 (of 96)

000000: 1:04:25

0000:

weibliche AK 3 (TW 30)

00000: 6(of 14)

0000000: 1:09:38

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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	9:43	19:26	3	1:24	12	1:24	0.50	9:43	19:26	15	1:24	97	1:24
Wechsel S -> R	-	2:42	-	6	0:55	43	2:02	0.50	12:25	24:49	15	2:19	97	2:19
Schwimmen 000	0.50	12:25	24:49	15	2:19	97	2:19	0.50	12:25	24:49	15	2:19	97	2:19
Rad netto	20.00	40:04	2:00	5	6:00	39	7:11	20.50	52:29	2:33	15	5:46	97	9:11
Wechsel R -> L	-	1:31	-	14	0:54	79	1:02	20.50	54:00	2:38	15	6:28	97	10:07
Rad 000	20.00	41:35	2:04	5	6:42	40	8:07	20.50	54:00	2:38	15	6:28	97	10:07
Lauf	5.00	26:56	5:23	7	12:33	42	12:33	25.50	1:20:56	3:10	6	11:18	31	16:31