



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Fetsch, Dr. Alexandra

000: 1:24:29

00: 266

00: 25.50 km

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

00000/000: 233 (of 336)

00000/0: 51 (of 96)

000000: 1:04:25

0000:

weibliche AK 4 (TW 35)

00000: 5(of 10)

0000000: 1:10:01

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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	11:37	23:14	8	1:18	46	3:18	0.50	11:37	23:14	11	1:18	97	3:18
Wechsel S -> R	-	3:00	-	7	1:28	58	2:20	0.50	14:37	29:14	11	2:36	97	4:31
Schwimmen 000	0.50	14:37	29:14	11	2:36	97	4:31	0.50	14:37	29:14	11	2:36	97	4:31
Rad netto	20.00	40:48	2:02	6	4:26	48	7:55	20.50	55:25	2:42	11	7:02	97	12:07
Wechsel R -> L	-	1:03	-	6	0:25	45	0:34	20.50	56:28	2:45	11	7:18	97	12:35
Rad 000	20.00	41:51	2:05	6	4:42	46	8:23	20.50	56:28	2:45	11	7:18	97	12:35
Lauf	5.00	28:01	5:36	6	7:10	57	13:38	25.50	1:24:29	3:18	5	14:28	51	20:04