



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Rahn, Kim Vanessa

000: 1:31:39

00: 256

00: 25.50 km

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

00000/000: 296 (of 336)

00000/0: 75 (of 96)

000000: 1:04:25

0000:

weibliche AK 1 (TW 20)

00000: 5(of 6)

0000000: 1:18:29

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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	12:10	24:19	5	3:14	62	3:51	0.50	12:10	24:19	7	3:14	97	3:51
Wechsel S -> R	-	2:59	-	3	0:20	57	2:19	0.50	15:09	30:18	7	3:10	97	5:03
Schwimmen 000	0.50	15:09	30:18	7	3:10	97	5:03	0.50	15:09	30:18	7	3:10	97	5:03
Rad netto	20.00	43:36	2:10	4	5:47	74	10:43	20.50	58:45	2:51	7	8:57	97	15:27
Wechsel R -> L	-	0:51	-	4	0:12	24	0:22	20.50	59:36	2:54	7	8:55	97	15:43
Rad 000	20.00	44:27	2:13	4	5:45	70	10:59	20.50	59:36	2:54	7	8:55	97	15:43
Lauf	5.00	32:03	6:24	5	6:03	80	17:40	25.50	1:31:39	3:35	5	13:10	75	27:14