



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Höllermann, Claudia

000: 1:20:11

00: 314

00: 25.50 km

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

0000:

Seniorinnen 3 (TW 50)

00000/000: 186 (of 336)

00000/0: 27 (of 96)

000000: 1:04:25

00000: 5(of 10)

0000000: 1:13:45

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000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	12:25	24:49	5	3:41	65	4:06	0.50	12:25	24:49	5	3:41	97	4:06	
Wechsel S -> R	-	2:41	-	6	1:01	41	2:01	0.50	15:06	30:11	6	3:45	97	5:00	
Schwimmen 000	0.50	15:06	30:11	6	3:45	97	5:00	0.50	15:06	30:11	6	3:45	97	5:00	
Rad netto	20.00	38:26	1:55	5	1:10	24	5:33	20.50	53:32	2:36	5	3:55	97	10:14	
Wechsel R -> L	-	1:38	-	10	0:49	86	1:09	20.50	55:10	2:41	5	3:58	97	11:17	
Rad 000	20.00	40:04	2:00	5	1:50	26	6:36	20.50	55:10	2:41	5	3:58	97	11:17	
Lauf	5.00	25:01	5:00	3	3:20	23	10:38	25.50	1:20:11	3:08	5	6:26	27	15:46	