



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Weber, Julia

000: 1:21:47

00: 333

00: 25.50 km

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

00000/000: 202 (of 336)

00000/0: 34 (of 96)

000000: 1:04:25

0000:

Seniorinnen 1 (TW 40)

00000: 6(of 19)

0000000: 1:04:25

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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	12:07	24:14	12	3:27	61	3:48	0.50	12:07	24:14	20	3:27	97	3:48
Wechsel S -> R	-	3:06	-	12	1:26	63	2:26	0.50	15:13	30:26	20	4:48	65	5:07
Schwimmen 000	0.50	15:13	30:26	20	4:48	65	5:07	0.50	15:13	30:26	20	4:48	65	5:07
Rad netto	20.00	39:03	1:57	6	6:10	28	6:10	20.50	54:16	2:38	20	10:58	97	10:58
Wechsel R -> L	-	1:16	-	11	0:41	66	0:47	20.50	55:32	2:42	20	11:39	97	11:39
Rad 000	20.00	40:19	2:00	6	6:51	30	6:51	20.50	55:32	2:42	20	11:39	97	11:39
Lauf	5.00	26:15	5:15	3	5:43	35	11:52	25.50	1:21:47	3:12	6	17:22	34	17:22