



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Wolsiffer, Julia

□□□: 1:28:11

□□: 298

□□: 25.50 km

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

□□□□□/□□□: 269 (of 336)

□□□□□/□: 66 (of 96)

□□□□□□: 1:04:25

□□□□:

weibliche AK 2 (TW 25)

□□□□□: 13(of 15)

□□□□□□□: 1:10:02

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	11:52	23:44	9	2:30	57	3:33	0.50	11:52	23:44	16	2:30	97	3:33
Wechsel S -> R	-	2:57	-	11	1:09	55	2:17	0.50	14:49	29:37	16	3:01	97	4:43
Schwimmen □□□	0.50	14:49	29:37	16	3:01	97	4:43	0.50	14:49	29:37	16	3:01	97	4:43
Rad netto	20.00	45:31	2:16	13	9:34	80	12:38	20.50	1:00:20	2:56	16	12:14	97	17:02
Wechsel R -> L	-	0:45	-	4	0:16	11	0:16	20.50	1:01:05	2:58	16	12:30	97	17:12
Rad □□□	20.00	46:16	2:18	13	9:45	77	12:48	20.50	1:01:05	2:58	16	12:30	97	17:12
Lauf	5.00	27:06	5:25	10	8:21	45	12:43	25.50	1:28:11	3:27	13	18:09	66	23:46