



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Stein, Judith

000: 1:30:21

00: 294

00: 25.50 km

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

00000/000: 285 (of 336)

00000/0: 72 (of 96)

000000: 1:04:25

0000:

weibliche AK 4 (TW 35)

00000: 10(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	11:34	23:07	7	1:15	45	3:15	0.50	11:34	23:07	11	1:15	97	3:15
Wechsel S -> R	-	3:10	-	8	1:38	67	2:30	0.50	14:44	29:27	11	2:43	97	4:38
Schwimmen 000	0.50	14:44	29:27	11	2:43	97	4:38	0.50	14:44	29:27	11	2:43	97	4:38
Rad netto	20.00	43:06	2:09	9	6:44	70	10:13	20.50	57:50	2:49	11	9:27	66	14:32
Wechsel R -> L	-	1:13	-	8	0:35	61	0:44	20.50	59:03	2:52	11	9:53	97	15:10
Rad 000	20.00	44:19	2:12	9	7:10	69	10:51	20.50	59:03	2:52	11	9:53	97	15:10
Lauf	5.00	31:18	6:15	9	10:27	76	16:55	25.50	1:30:21	3:32	10	20:20	72	25:56