



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

von Falkenhausen, Sabine

000: 1:53:13

00: 286

00: 25.50 km

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

00000/000: 334 (of 336)

00000/0: 95 (of 96)

000000: 1:04:25

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Seniorinnen 4 (TW 55)

00000: 5(of 5)

0000000: 1:23:37

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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	14:49	29:37	5	4:33	89	6:30	0.50	14:49	29:37	6	4:33	97	6:30
Wechsel S -> R	-	4:58	-	5	4:18	96	4:18	0.50	19:47	39:34	6	7:41	97	9:41
Schwimmen 000	0.50	19:47	39:34	6	7:41	97	9:41	0.50	19:47	39:34	6	7:41	97	9:41
Rad netto	20.00	53:03	2:39	5	13:37	92	20:10	20.50	1:12:50	3:33	6	18:07	97	29:32
Wechsel R -> L	-	2:24	-	5	1:39	94	1:55	20.50	1:15:14	3:40	6	19:17	97	31:21
Rad 000	20.00	55:27	2:46	5	14:11	92	21:59	20.50	1:15:14	3:40	6	19:17	97	31:21
Lauf	5.00	37:59	7:35	5	11:45	92	23:36	25.50	1:53:13	4:26	5	29:36	95	48:48