



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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Barth, Uschi

□□□: 1:22:17

□□: SG Stern Mannheim

□□: 19

□□: 25.50 km

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

□□□□□/□□□: 210 (of 336)

□□□□□/□: 40 (of 96)

□□□□□□: 1:04:25

□□□□:

Seniorinnen 5 (TW 60)

□□□□□: 1(of 4)

□□□□□□□: 1:22:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	10:56	21:52	1	-	26	2:37	0.50	10:56	21:52	1	-	97	2:37
Wechsel S -> R	-	3:05	-	1	-	62	2:25	0.50	14:01	28:02	1	-	97	3:55
Schwimmen □□□	0.50	14:01	28:02	1	-	97	3:55	0.50	14:01	28:02	1	-	97	3:55
Rad netto	20.00	39:30	1:58	1	-	34	6:37	20.50	53:31	2:36	1	-	97	10:13
Wechsel R -> L	-	1:29	-	1	-	76	1:00	20.50	55:00	2:40	1	-	97	11:07
Rad □□□	20.00	40:59	2:02	1	-	35	7:31	20.50	55:00	2:40	1	-	97	11:07
Lauf	5.00	27:17	5:27	1	-	47	12:54	25.50	1:22:17	3:13	1	-	40	17:52