



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Kuchta, Iris

000: 1:20:28

00: 377

00: 25.50 km

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

00000/000: 190 (of 336)

00000/0: 29 (of 96)

000000: 1:04:25

0000:

weibliche AK 4 (TW 35)

00000: 4(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  | 12:10 | 24:19  | 9  | 1:51 | 62 | 3:51  | 0.50  | 12:10   | 24:19  | 11 | 1:51  | 97 | 3:51  |
| Wechsel S -> R | -     | 2:25  | -      | 4  | 0:53 | 23 | 1:45  | 0.50  | 14:35   | 29:10  | 11 | 2:34  | 97 | 4:29  |
| Schwimmen 000  | 0.50  | 14:35 | 29:10  | 11 | 2:34 | 97 | 4:29  | 0.50  | 14:35   | 29:10  | 11 | 2:34  | 97 | 4:29  |
| Rad netto      | 20.00 | 39:58 | 1:59   | 3  | 3:36 | 38 | 7:05  | 20.50 | 54:33   | 2:39   | 11 | 6:10  | 97 | 11:15 |
| Wechsel R -> L | -     | 0:46  | -      | 2  | 0:08 | 13 | 0:17  | 20.50 | 55:19   | 2:41   | 11 | 6:09  | 97 | 11:26 |
| Rad 000        | 20.00 | 40:44 | 2:02   | 3  | 3:35 | 34 | 7:16  | 20.50 | 55:19   | 2:41   | 11 | 6:09  | 97 | 11:26 |
| Lauf           | 5.00  | 25:09 | 5:01   | 4  | 4:18 | 24 | 10:46 | 25.50 | 1:20:28 | 3:09   | 4  | 10:27 | 29 | 16:03 |