



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 |