



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Meusel, Jutta

000: 1:23:37

00: DLRG Lorsch

00: 42

00: 25.50 km

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

00000/000: 224 (of 336)

00000/0: 48 (of 96)

000000: 1:04:25

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Seniorinnen 4 (TW 55)

00000: 1(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	11:26	22:52	2	1:10	40	3:07	0.50	11:26	22:52	6	1:10	40	3:07
Wechsel S -> R	-	0:40	-	1	-	1	-	0.50	12:06	24:11	1	-	97	2:00
Schwimmen 000	0.50	12:06	24:11	1	-	97	2:00	0.50	12:06	24:11	1	-	97	2:00
Rad netto	20.00	42:37	2:07	3	3:11	65	9:44	20.50	54:43	2:40	1	-	97	11:25
Wechsel R -> L	-	1:14	-	3	0:29	64	0:45	20.50	55:57	2:43	1	-	97	12:04
Rad 000	20.00	43:51	2:11	3	2:35	67	10:23	20.50	55:57	2:43	1	-	97	12:04
Lauf	5.00	27:40	5:31	2	1:26	52	13:17	25.50	1:23:37	3:16	1	-	48	19:12