



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Moeller, Janina

□□□: 1:22:14

□□: 396

□□: 25.50 km

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

□□□□□/□□□: 208 (of 336)

□□□□□/□: 39 (of 96)

□□□□□□: 1:04:25

□□□□:

weibliche AK 3 (TW 30)

□□□□□: 7(of 14)

□□□□□□□: 1:09:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	11:38	23:15	8	3:19	47	3:19	0.50	11:38	23:15	15	3:19	97	3:19
Wechsel S -> R	-	2:39	-	4	0:52	36	1:59	0.50	14:17	28:33	15	4:11	97	4:11
Schwimmen □□□	0.50	14:17	28:33	15	4:11	97	4:11	0.50	14:17	28:33	15	4:11	97	4:11
Rad netto	20.00	42:03	2:06	9	7:59	61	9:10	20.50	56:20	2:44	15	9:37	53	13:02
Wechsel R -> L	-	0:37	-	1	-	4	0:08	20.50	56:57	2:46	15	9:25	97	13:04
Rad □□□	20.00	42:40	2:07	8	7:47	55	9:12	20.50	56:57	2:46	15	9:25	97	13:04
Lauf	5.00	25:17	5:03	5	10:54	28	10:54	25.50	1:22:14	3:13	7	12:36	39	17:49