



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Hahn, Natascha

□□□: 1:23:12

□□: 372

□□: 25.50 km

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

□□□□□/□□□: 221 (of 336)

□□□□□/□: 45 (of 96)

□□□□□□: 1:04:25

□□□□:

weibliche AK 3 (TW 30)

□□□□□: 8(of 14)

□□□□□□□: 1:09:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	13:28	26:56	11	5:09	76	5:09	0.50	13:28	26:56	15	5:09	97	5:09
Wechsel S -> R	-	3:54	-	13	2:07	87	3:14	0.50	17:22	34:44	15	7:16	97	7:16
Schwimmen □□□	0.50	17:22	34:44	15	7:16	97	7:16	0.50	17:22	34:44	15	7:16	97	7:16
Rad netto	20.00	50:18	2:30	13	16:14	89	17:25	20.50	1:07:40	3:18	15	20:57	97	24:22
Wechsel R -> L	-	1:09	-	10	0:32	55	0:40	20.50	1:08:49	3:21	15	21:17	97	24:56
Rad □□□	20.00	51:27	2:34	13	16:34	89	17:59	20.50	1:08:49	3:21	15	21:17	97	24:56
Lauf	5.00	14:23	2:52	1	-	1	-	25.50	1:23:12	3:15	8	13:34	45	18:47