



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Lehmann, Nina

□□□: 1:24:17

□□: TV Lampertheim Triathlon

□□: 370

□□: 25.50 km

□□□□□/□□□: 230 (of 336)

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

□□□□□/□: 50 (of 96)

□□□□□□: 1:04:25

□□□□:

□□□□□: 9(of 14)

weibliche AK 3 (TW 30)

□□□□□□□: 1:09:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	10:27	20:53	5	2:08	20	2:08	0.50	10:27	20:53	15	2:08	20	2:08
Wechsel S -> R	-	2:58	-	8	1:11	56	2:18	0.50	13:25	26:49	15	3:19	97	3:19
Schwimmen □□□	0.50	13:25	26:49	15	3:19	97	3:19	0.50	13:25	26:49	15	3:19	97	3:19
Rad netto	20.00	40:39	2:01	6	6:35	43	7:46	20.50	54:04	2:38	15	7:21	97	10:46
Wechsel R -> L	-	1:03	-	7	0:26	45	0:34	20.50	55:07	2:41	15	7:35	97	11:14
Rad □□□	20.00	41:42	2:05	6	6:49	43	8:14	20.50	55:07	2:41	15	7:35	97	11:14
Lauf	5.00	29:10	5:50	11	14:47	68	14:47	25.50	1:24:17	3:18	9	14:39	50	19:52