



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Niebauer, Claudia

000: 1:04:25

00: Team Pfälzer Land

00: 73

00: 25.50 km

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

00000/000: 14 (of 336)

00000/0: 1 (of 96)

000000: 1:04:25

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Seniorinnen 1 (TW 40)

00000: 1(of 19)

0000000: 1:04:25

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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	8:40	17:19	1	-	3	0:21	0.50	8:40	17:19	1	-	3	0:21
Wechsel S -> R	-	1:45	-	2	0:05	6	1:05	0.50	10:25	20:49	1	-	2	0:19
Schwimmen 000	0.50	10:25	20:49	1	-	2	0:19	0.50	10:25	20:49	1	-	2	0:19
Rad netto	20.00	32:53	1:38	1	-	1	-	20.50	43:18	2:06	1	-	1	-
Wechsel R -> L	-	0:35	-	1	-	3	0:06	20.50	43:53	2:08	1	-	1	-
Rad 000	20.00	33:28	1:40	1	-	1	-	20.50	43:53	2:08	1	-	1	-
Lauf	5.00	20:32	4:06	1	-	4	6:09	25.50	1:04:25	2:31	1	-	1	-