



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Baumgarten, Silvia

□□□: 1:52:59

□□: Running Sibana

□□: 302

□□: 25.50 km

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

□□□□□/□□□: 333 (of 336)

□□□□□/□: 94 (of 96)

□□□□□□: 1:04:25

□□□□:

Seniorinnen 5 (TW 60)

□□□□□: 4(of 4)

□□□□□□□: 1:22:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	16:47	33:34	4	5:51	96	8:28	0.50	16:47	33:34	5	5:51	97	8:28
Wechsel S -> R	-	4:19	-	4	1:14	92	3:39	0.50	21:06	42:12	5	7:05	97	11:00
Schwimmen □□□	0.50	21:06	42:12	5	7:05	97	11:00	0.50	21:06	42:12	5	7:05	97	11:00
Rad netto	20.00	45:15	2:15	3	5:45	78	12:22	20.50	1:06:21	3:14	5	12:50	97	23:03
Wechsel R -> L	-	2:07	-	3	0:38	93	1:38	20.50	1:08:28	3:20	5	13:28	97	24:35
Rad □□□	20.00	47:22	2:22	3	6:23	81	13:54	20.50	1:08:28	3:20	5	13:28	97	24:35
Lauf	5.00	44:31	8:54	4	17:14	96	30:08	25.50	1:52:59	4:25	4	30:42	94	48:34