



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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Kubach, Ute

□□□: 1:40:04

□□: 362

□□: 25.50 km

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

□□□□□/□□□: 318 (of 336)

□□□□□/□: 86 (of 96)

□□□□□□: 1:04:25

□□□□:

Seniorinnen 3 (TW 50)

□□□□□: 9(of 10)

□□□□□□□: 1:13:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	14:28	28:56	9	5:44	88	6:09	0.50	14:28	28:56	11	5:44	97	6:09
Wechsel S -> R	-	4:13	-	10	2:33	91	3:33	0.50	18:41	37:22	11	7:20	97	8:35
Schwimmen □□□	0.50	18:41	37:22	11	7:20	97	8:35	0.50	18:41	37:22	11	7:20	97	8:35
Rad netto	20.00	48:28	2:25	9	11:12	88	15:35	20.50	1:07:09	3:16	11	17:32	97	23:51
Wechsel R -> L	-	1:27	-	8	0:38	74	0:58	20.50	1:08:36	3:20	11	17:24	97	24:43
Rad □□□	20.00	49:55	2:29	9	11:41	88	16:27	20.50	1:08:36	3:20	11	17:24	97	24:43
Lauf	5.00	31:28	6:17	10	9:47	78	17:05	25.50	1:40:04	3:55	9	26:19	86	35:39