



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Schierloh, Brigitte

□□□: 1:09:15

□□: TSG Wiesloch

□□: 70

□□: 25.50 km

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

□□□□□/□□□: 49 (of 336)

□□□□□/□: 2 (of 96)

□□□□□□: 1:04:25

□□□□:

Seniorinnen 1 (TW 40)

□□□□□: 2(of 19)

□□□□□□□: 1:04:25

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	9:08	18:15	3	0:28	8	0:49	0.50	9:08	18:15	3	0:28	8	0:49
Wechsel S -> R	-	2:04	-	3	0:24	10	1:24	0.50	11:12	22:23	2	0:47	4	1:06
Schwimmen □□□	0.50	11:12	22:23	2	0:47	4	1:06	0.50	11:12	22:23	2	0:47	4	1:06
Rad netto	20.00	35:05	1:45	2	2:12	3	2:12	20.50	46:17	2:15	2	2:59	2	2:59
Wechsel R -> L	-	0:48	-	3	0:13	18	0:19	20.50	47:05	2:17	2	3:12	2	3:12
Rad □□□	20.00	35:53	1:47	2	2:25	3	2:25	20.50	47:05	2:17	2	3:12	2	3:12
Lauf	5.00	22:10	4:26	2	1:38	13	7:47	25.50	1:09:15	2:42	2	4:50	2	4:50