



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Weirich, Ting

000: 1:29:28

00: 20

00: 25.50 km

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

00000/000: 280 (of 336)

00000/0: 70 (of 96)

000000: 1:04:25

0000:

Seniorinnen 1 (TW 40)

00000: 13(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	15:30	31:00	18	6:50	93	7:11	0.50	15:30	31:00	20	6:50	97	7:11
Wechsel S -> R	-	2:27	-	6	0:47	25	1:47	0.50	17:57	35:53	20	7:32	86	7:51
Schwimmen 000	0.50	17:57	35:53	20	7:32	86	7:51	0.50	17:57	35:53	20	7:32	86	7:51
Rad netto	20.00	42:59	2:08	13	10:06	68	10:06	20.50	1:00:56	2:58	20	17:38	97	17:38
Wechsel R -> L	-	0:42	-	2	0:07	9	0:13	20.50	1:01:38	3:00	20	17:45	97	17:45
Rad 000	20.00	43:41	2:11	13	10:13	64	10:13	20.50	1:01:38	3:00	20	17:45	97	17:45
Lauf	5.00	27:50	5:33	9	7:18	56	13:27	25.50	1:29:28	3:30	13	25:03	70	25:03