



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Schillinger, Birgit

000: 1:13:45

00: 52

00: 25.50 km

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

00000/000: 104 (of 336)

00000/0: 11 (of 96)

000000: 1:04:25

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Seniorinnen 3 (TW 50)

00000: 1(of 10)

0000000: 1:13:45

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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	11:03	22:06	2	2:19	31	2:44	0.50	11:03	22:06	11	2:19	31	2:44
Wechsel S -> R	-	1:40	-	1	-	3	1:00	0.50	12:43	25:26	11	1:22	20	2:37
Schwimmen 000	0.50	12:43	25:26	11	1:22	20	2:37	0.50	12:43	25:26	11	1:22	20	2:37
Rad netto	20.00	38:17	1:54	3	1:01	20	5:24	20.50	51:00	2:29	11	1:23	19	7:42
Wechsel R -> L	-	1:04	-	5	0:15	48	0:35	20.50	52:04	2:32	11	0:52	19	8:11
Rad 000	20.00	39:21	1:58	3	1:07	22	5:53	20.50	52:04	2:32	11	0:52	19	8:11
Lauf	5.00	21:41	4:20	1	-	7	7:18	25.50	1:13:45	2:53	1	-	11	9:20