



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Herbert, Anette

000: 1:20:17

00: RV 03 Bürstadt

00: 60

00: 25.50 km

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

00000/000: 187 (of 336)

00000/0: 28 (of 96)

000000: 1:04:25

0000:

Seniorinnen 2 TW 45)

00000: 5(of 11)

0000000: 1:12:26

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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	10:49	21:37	4	1:55	24	2:30	0.50	10:49	21:37	12	1:55	24	2:30
Wechsel S -> R	-	2:21	-	4	0:16	19	1:41	0.50	13:10	26:19	12	2:11	24	3:04
Schwimmen 000	0.50	13:10	26:19	12	2:11	24	3:04	0.50	13:10	26:19	12	2:11	24	3:04
Rad netto	20.00	39:18	1:57	6	2:26	30	6:25	20.50	52:28	2:33	12	4:37	26	9:10
Wechsel R -> L	-	0:58	-	2	0:08	36	0:29	20.50	53:26	2:36	12	4:09	24	9:33
Rad 000	20.00	40:16	2:00	6	1:58	29	6:48	20.50	53:26	2:36	12	4:09	24	9:33
Lauf	5.00	26:51	5:22	7	5:27	41	12:28	25.50	1:20:17	3:08	5	7:51	28	15:52