



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Odenwald, Ilka

□□□: 1:24:55

□□: 55

□□: 25.50 km

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

□□□□□/□□□: 237 (of 336)

□□□□□/□: 53 (of 96)

□□□□□□: 1:04:25

□□□□:

Seniorinnen 1 (TW 40)

□□□□□: 9(of 19)

□□□□□□□: 1:04:25

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	11:00	22:00	6	2:20	28	2:41	0.50	11:00	22:00	6	2:20	28	2:41
Wechsel S -> R	-	2:42	-	9	1:02	43	2:02	0.50	13:42	27:23	5	3:17	30	3:36
Schwimmen □□□	0.50	13:42	27:23	5	3:17	30	3:36	0.50	13:42	27:23	5	3:17	30	3:36
Rad netto	20.00	41:58	2:05	12	9:05	60	9:05	20.50	55:40	2:42	9	12:22	47	12:22
Wechsel R -> L	-	1:08	-	9	0:33	54	0:39	20.50	56:48	2:46	9	12:55	47	12:55
Rad □□□	20.00	43:06	2:09	12	9:38	61	9:38	20.50	56:48	2:46	9	12:55	47	12:55
Lauf	5.00	28:07	5:37	11	7:35	59	13:44	25.50	1:24:55	3:19	9	20:30	53	20:30