



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Ahlheim, Kim

000: 1:25:45

00: 84

00: 25.50 km

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

00000/000: 244 (of 336)

00000/0: 55 (of 96)

000000: 1:04:25

0000:

weibliche AK 1 (TW 20)

00000: 3(of 6)

0000000: 1:18:29

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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	11:51	23:41	4	2:55	55	3:32	0.50	11:51	23:41	7	2:55	55	3:32
Wechsel S -> R	-	2:50	-	2	0:11	53	2:10	0.50	14:41	29:22	7	2:42	49	4:35
Schwimmen 000	0.50	14:41	29:22	7	2:42	49	4:35	0.50	14:41	29:22	7	2:42	49	4:35
Rad netto	20.00	42:14	2:06	2	4:25	63	9:21	20.50	56:55	2:46	7	7:07	59	13:37
Wechsel R -> L	-	0:39	-	1	-	8	0:10	20.50	57:34	2:48	7	6:53	56	13:41
Rad 000	20.00	42:53	2:08	2	4:11	59	9:25	20.50	57:34	2:48	7	6:53	56	13:41
Lauf	5.00	28:11	5:38	3	2:11	61	13:48	25.50	1:25:45	3:21	3	7:16	55	21:20