



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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Spanowsky, Alisa

000: 1:28:26

00: 61

00: 25.50 km

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

00000/000: 271 (of 336)

00000/0: 67 (of 96)

000000: 1:04:25

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weibliche AK 3 (TW 30)

00000: 11(of 14)

0000000: 1:09:38

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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	11:06	22:11	7	2:47	33	2:47	0.50	11:06	22:11	7	2:47	33	2:47
Wechsel S -> R	-	3:00	-	9	1:13	58	2:20	0.50	14:06	28:11	7	4:00	38	4:00
Schwimmen 000	0.50	14:06	28:11	7	4:00	38	4:00	0.50	14:06	28:11	7	4:00	38	4:00
Rad netto	20.00	42:48	2:08	10	8:44	66	9:55	20.50	56:54	2:46	9	10:11	58	13:36
Wechsel R -> L	-	1:29	-	13	0:52	76	1:00	20.50	58:23	2:50	9	10:51	60	14:30
Rad 000	20.00	44:17	2:12	10	9:24	68	10:49	20.50	58:23	2:50	9	10:51	60	14:30
Lauf	5.00	30:03	6:00	12	15:40	74	15:40	25.50	1:28:26	3:28	11	18:48	67	24:01