



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Lehmann, Tanja

000: 1:33:44

00: BSG Merck

00: 80

00: 25.50 km

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

00000/000: 306 (of 336)

00000/0: 79 (of 96)

000000: 1:04:25

0000:

Seniorinnen 1 (TW 40)

00000: 15(of 19)

0000000: 1:04:25

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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	11:29	22:57	11	2:49	43	3:10	0.50	11:29	22:57	11	2:49	43	3:10
Wechsel S -> R	-	3:26	-	15	1:46	78	2:46	0.50	14:55	29:49	11	4:30	55	4:49
Schwimmen 000	0.50	14:55	29:49	11	4:30	55	4:49	0.50	14:55	29:49	11	4:30	55	4:49
Rad netto	20.00	43:07	2:09	14	10:14	71	10:14	20.50	58:02	2:49	15	14:44	71	14:44
Wechsel R -> L	-	1:22	-	14	0:47	71	0:53	20.50	59:24	2:53	15	15:31	69	15:31
Rad 000	20.00	44:29	2:13	14	11:01	71	11:01	20.50	59:24	2:53	15	15:31	69	15:31
Lauf	5.00	34:20	6:52	17	13:48	88	19:57	25.50	1:33:44	3:40	15	29:19	79	29:19