



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Lehmer, Hildegard

000: 1:34:26

00: 95

00: 25.50 km

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

00000/000: 309 (of 336)

00000/0: 80 (of 96)

000000: 1:04:25

0000:

Seniorinnen 4 (TW 55)

00000: 4(of 5)

0000000: 1:23:37

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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	10:16	20:32	1	-	17	1:57	0.50	10:16	20:32	1	-	17	1:57
Wechsel S -> R	-	4:25	-	4	3:45	93	3:45	0.50	14:41	29:22	6	2:35	49	4:35
Schwimmen 000	0.50	14:41	29:22	6	2:35	49	4:35	0.50	14:41	29:22	6	2:35	49	4:35
Rad netto	20.00	46:22	2:19	4	6:56	82	13:29	20.50	1:01:03	2:58	6	6:20	78	17:45
Wechsel R -> L	-	0:45	-	1	-	11	0:16	20.50	1:01:48	3:00	6	5:51	78	17:55
Rad 000	20.00	47:07	2:21	4	5:51	80	13:39	20.50	1:01:48	3:00	6	5:51	78	17:55
Lauf	5.00	32:38	6:31	3	6:24	82	18:15	25.50	1:34:26	3:42	4	10:49	80	30:01