



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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Engelhardt, Petra

000: 1:35:00

00: 90

00: 25.50 km

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

00000/000: 311 (of 336)

00000/0: 81 (of 96)

000000: 1:04:25

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Seniorinnen 1 (TW 40)

00000: 16(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	10:18	20:36	5	1:38	18	1:59	0.50	10:18	20:36	5	1:38	18	1:59
Wechsel S -> R	-	3:34	-	16	1:54	81	2:54	0.50	13:52	27:44	8	3:27	35	3:46
Schwimmen 000	0.50	13:52	27:44	8	3:27	35	3:46	0.50	13:52	27:44	8	3:27	35	3:46
Rad netto	20.00	43:34	2:10	16	10:41	73	10:41	20.50	57:26	2:48	14	14:08	64	14:08
Wechsel R -> L	-	1:01	-	8	0:26	41	0:32	20.50	58:27	2:51	12	14:34	61	14:34
Rad 000	20.00	44:35	2:13	15	11:07	73	11:07	20.50	58:27	2:51	12	14:34	61	14:34
Lauf	5.00	36:33	7:18	18	16:01	91	22:10	25.50	1:35:00	3:43	16	30:35	81	30:35