



□□□□

Lofink, Barbara

□□□: 3:09:56

□□: 42

□□: 49.25 km

Chari Tria Olymp (1,25-38.0-10,0)

□□□□□/□□□: 46 (of 46)

□□□□□/□: 10 (of 10)

□□□□□□: 2:08:17

□□□□:

Seniorinnen 4 WK55

□□□□□: 2(of 2)

□□□□□□□: 2:49:52

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	28:33	22:50	1	-	7	8:25	1.25	28:33	22:50	1	-	11	8:25
Wechsel S -> R	-	4:30	-	2	1:09	10	2:55	1.25	33:03	26:26	1	-	11	11:20
Schwimmen □□□	1.25	33:03	26:26	1	-	11	11:20	1.25	33:03	26:26	1	-	11	11:20
Rad netto	38.00	1:27:08	2:17	2	11:17	10	25:47	39.25	2:00:11	3:03	2	5:23	11	33:41
Wechsel R -> L	-	2:23	-	2	0:38	10	1:25	39.25	2:02:34	3:07	2	6:01	11	35:05
Rad □□□	38.00	1:29:31	2:21	2	11:55	10	27:11	39.25	2:02:34	3:07	2	6:01	11	35:05
Lauf	10.00	1:07:22	6:44	2	14:03	10	26:34	49.25	3:09:56	3:51	2	20:04	10	1:01:39