



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Nepputh, Nicole

000: 1:20:23

00: Team Body Attack

00: 148

00: 25.50 km

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

00000/000: 212 (of 353)

00000/0: 31 (of 84)

000000: 1:08:36

00000: 5(of 17)

0000000: 1:10:03

0000:

Seniorinnen 1 (TW 40)

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0000

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	10:33	21:06	4	0:55	19	1:21	0.50	10:33	21:06	18	0:55	85	1:21	
Wechsel S -> R	-	2:32	-	5	0:24	25	0:53	0.50	13:05	26:10	18	1:18	85	1:57	
Schwimmen 000	0.50	13:05	26:10	18	1:18	85	1:57	0.50	13:05	26:10	18	1:18	85	1:57	
Kontrolle Rad	6.00	11:46	1:57	3	0:52	9	0:57	6.50	24:51	3:49	18	1:50	85	2:54	
Kontrolle Rad	8.00	14:06	1:45	2	0:34	5	0:34	14.50	38:57	2:41	18	2:24	84	3:27	
Rad Ziel	6.00	10:32	1:45	2	0:27	8	0:27	20.50	49:29	2:24	18	2:51	85	3:51	
Rad 0	20.00	36:24	1:49	1	26:19	1	26:19	20.50	49:29	2:24	18	2:51	85	3:51	
Wechsel R -> L	-	1:20	-	14	0:39	66	0:45	20.50	50:49	2:28	18	3:23	85	4:22	
Rad 000	20.00	37:44	1:53	2	2:25	9	2:25	20.50	50:49	2:28	18	3:23	85	4:22	
Kontrolle Lauf	2.40	14:38	6:05	14	3:28	64	4:43	22.90	1:05:27	2:51	18	6:51	85	8:10	
Lauf Ziel	2.60	14:56	5:44	12	3:29	59	4:21	25.50	1:20:23	3:09	5	10:20	31	11:47	
Lauf 000	5.00	29:34	5:54	13	6:57	62	8:52	25.50	1:20:23	3:09	5	10:20	31	11:47	