



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Hansmann, Monika

000: 1:56:43

00: TV Seeheim

00: 58

00: 25.50 km

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

00000/000: 348 (of 353)

00000/0: 83 (of 84)

000000: 1:08:36

0000:

00000: 19(of 20)

Seniorinnen 2 TW 45)

0000000: 1:08:36

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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	16:26	32:52	20	7:07	83	7:14	0.50	16:26	32:52	20	7:07	83	7:14	
Wechsel S -> R	-	3:30	-	16	1:41	67	1:51	0.50	19:56	39:52	18	8:48	80	8:48	
Schwimmen 000	0.50	19:56	39:52	18	8:48	80	8:48	0.50	19:56	39:52	18	8:48	80	8:48	
Kontrolle Rad	6.00	19:11	3:11	20	8:22	84	8:22	6.50	39:07	6:01	20	17:10	84	17:10	
Kontrolle Rad	8.00	23:58	2:59	20	10:25	83	10:26	14.50	1:03:05	4:21	20	27:35	83	27:35	
Rad Ziel	6.00	17:01	2:50	20	6:53	83	6:56	20.50	1:20:06	3:54	20	34:28	84	34:28	
Rad 0	20.00	1:00:10	3:00	1	50:02	1	50:05	20.50	1:20:06	3:54	20	34:28	84	34:28	
Wechsel R -> L	-	1:17	-	12	0:33	62	0:42	20.50	1:21:23	3:58	20	34:56	84	34:56	
Rad 000	20.00	1:01:27	3:04	20	26:08	84	26:08	20.50	1:21:23	3:58	20	34:56	84	34:56	
Kontrolle Lauf	2.40	17:17	7:12	19	7:22	79	7:22	22.90	1:38:40	4:18	20	41:23	84	41:23	
Lauf Ziel	2.60	18:03	6:56	19	7:14	78	7:28	25.50	1:56:43	4:34	19	48:07	83	48:07	
Lauf 000	5.00	35:20	7:04	19	14:36	79	14:38	25.50	1:56:43	4:34	19	48:07	83	48:07	