



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Reinhardt, Simone

000: 2:02:16

00: LLG Wonnegau

00: 57

00: 25.50 km

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

0000:

Seniorinnen 2 TW 45)

00000/000: 349 (of 353)

00000/0: 84 (of 84)

000000: 1:08:36

00000: 20(of 20)

0000000: 1:08:36

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	16:04	32:07	18	6:45	81	6:52	0.50	16:04	32:07	18	6:45	81	6:52
Wechsel S -> R	-	5:29	-	20	3:40	83	3:50	0.50	21:33	43:06	20	10:25	83	10:25
Schwimmen 000	0.50	21:33	43:06	20	10:25	83	10:25	0.50	21:33	43:06	20	10:25	83	10:25
Kontrolle Rad	6.00	16:36	2:46	19	5:47	83	5:47	6.50	38:09	5:52	19	16:12	83	16:12
Kontrolle Rad	8.00	19:47	2:28	19	6:14	82	6:15	14.50	57:56	3:59	19	22:26	82	22:26
Rad Ziel	6.00	14:25	2:24	19	4:17	82	4:20	20.50	1:12:21	3:31	19	26:43	83	26:43
Rad 0	20.00	50:48	2:32	1	40:40	1	40:43	20.50	1:12:21	3:31	19	26:43	83	26:43
Wechsel R -> L	-	2:33	-	20	1:49	83	1:58	20.50	1:14:54	3:39	19	28:27	83	28:27
Rad 000	20.00	53:21	2:40	19	18:02	83	18:02	20.50	1:14:54	3:39	19	28:27	83	28:27
Kontrolle Lauf	2.40	23:23	9:44	20	13:28	84	13:28	22.90	1:38:17	4:17	19	41:00	83	41:00
Lauf Ziel	2.60	23:59	9:13	20	13:10	84	13:24	25.50	2:02:16	4:47	20	53:40	84	53:40
Lauf 000	5.00	47:22	9:28	20	26:38	84	26:40	25.50	2:02:16	4:47	20	53:40	84	53:40