



16. Lorsche Triathlon

Lorsch / 11.08.2019

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Dengler, Talitha

000: 1:13:56

00: 226

00: 25.50 km

Lorsche Triathlon 0,5-20,0-5,0

00000/000: 103 (of 353)

00000/0: 6 (of 84)

000000: 1:08:36

0000:

weibliche AK 1 (TW 20)

00000: 1(of 2)

0000000: 1:13:56

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	9:46	19:32	1	-	8	0:34	0.50	9:46	19:32	1	-	85	0:34
Wechsel S -> R	-	2:24	-	1	-	22	0:45	0.50	12:10	24:19	1	-	85	1:02
Schwimmen 000	0.50	12:10	24:19	1	-	85	1:02	0.50	12:10	24:19	1	-	85	1:02
Kontrolle Rad	6.00	11:50	1:58	1	-	11	1:01	6.50	24:00	3:41	1	-	85	2:03
Kontrolle Rad	8.00	14:40	1:49	1	-	14	1:08	14.50	38:40	2:39	1	-	84	3:10
Rad Ziel	6.00	10:53	1:48	1	-	16	0:48	20.50	49:33	2:25	1	-	85	3:55
Rad 0	20.00	37:23	1:52	1	26:30	1	27:18	20.50	49:33	2:25	1	-	85	3:55
Wechsel R -> L	-	0:40	-	2	0:05	3	0:05	20.50	50:13	2:26	1	-	85	3:46
Rad 000	20.00	38:03	1:54	1	-	10	2:44	20.50	50:13	2:26	1	-	85	3:46
Kontrolle Lauf	2.40	11:35	4:49	1	-	9	1:40	22.90	1:01:48	2:41	1	-	85	4:31
Lauf Ziel	2.60	12:08	4:39	1	-	10	1:33	25.50	1:13:56	2:53	1	-	6	5:20
Lauf 000	5.00	23:43	4:44	1	-	10	3:01	25.50	1:13:56	2:53	1	-	6	5:20