



16. Lorsche Triathlon

Lorsch / 11.08.2019

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Tiemann, Ulrike

000: 1:14:23

00: SSG Bensheim

00: 337

00: 25.50 km

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

0000:

Seniorinnen 3 (TW 50)

00000/000: 107 (of 353)

00000/0: 7 (of 84)

000000: 1:08:36

00000: 2(of 17)

0000000: 1:12:44

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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	10:46	21:32	5	1:34	22	1:34	0.50	10:46	21:32	18	1:34	85	1:34
Wechsel S -> R	-	2:09	-	3	0:08	11	0:30	0.50	12:55	25:49	18	1:37	85	1:47
Schwimmen 000	0.50	12:55	25:49	18	1:37	85	1:47	0.50	12:55	25:49	18	1:37	85	1:47
Kontrolle Rad	6.00	11:18	1:53	1	-	4	0:29	6.50	24:13	3:43	18	0:32	85	2:16
Kontrolle Rad	8.00	13:52	1:44	1	-	3	0:20	14.50	38:05	2:37	1	-	84	2:35
Rad Ziel	6.00	10:20	1:43	2	0:03	4	0:15	20.50	48:25	2:21	1	-	85	2:47
Rad 0	20.00	35:30	1:46	1	25:13	1	25:25	20.50	48:25	2:21	1	-	85	2:47
Wechsel R -> L	-	0:56	-	3	0:03	26	0:21	20.50	49:21	2:24	1	-	85	2:54
Rad 000	20.00	36:26	1:49	1	-	3	1:07	20.50	49:21	2:24	1	-	85	2:54
Kontrolle Lauf	2.40	12:19	5:07	5	1:40	22	2:24	22.90	1:01:40	2:41	18	0:20	85	4:23
Lauf Ziel	2.60	12:43	4:53	4	1:19	19	2:08	25.50	1:14:23	2:55	2	1:39	7	5:47
Lauf 000	5.00	25:02	5:00	4	2:59	19	4:20	25.50	1:14:23	2:55	2	1:39	7	5:47