



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Bohrer, Ria

000: 1:14:47

00: 342

00: 25.50 km

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

0000:

Seniorinnen 2 TW 45)

00000/000: 114 (of 353)

00000/0: 9 (of 84)

000000: 1:08:36

00000: 2(of 20)

0000000: 1:08:36

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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	10:02	20:03	4	0:43	13	0:50	0.50	10:02	20:03	21	0:43	85	0:50
Wechsel S -> R	-	2:35	-	6	0:46	28	0:56	0.50	12:37	25:14	21	1:29	85	1:29
Schwimmen 000	0.50	12:37	25:14	21	1:29	85	1:29	0.50	12:37	25:14	21	1:29	85	1:29
Kontrolle Rad	6.00	12:45	2:07	10	1:56	41	1:56	6.50	25:22	3:54	21	3:25	85	3:25
Kontrolle Rad	8.00	15:27	1:55	9	1:54	36	1:55	14.50	40:49	2:48	21	5:19	84	5:19
Rad Ziel	6.00	11:35	1:55	11	1:27	43	1:30	20.50	52:24	2:33	21	6:46	85	6:46
Rad 0	20.00	39:47	1:59	1	29:39	1	29:42	20.50	52:24	2:33	21	6:46	85	6:46
Wechsel R -> L	-	1:30	-	17	0:46	76	0:55	20.50	53:54	2:37	21	7:27	85	7:27
Rad 000	20.00	41:17	2:03	11	5:58	45	5:58	20.50	53:54	2:37	21	7:27	85	7:27
Kontrolle Lauf	2.40	9:59	4:09	2	0:04	2	0:04	22.90	1:03:53	2:47	21	6:36	85	6:36
Lauf Ziel	2.60	10:54	4:11	2	0:05	3	0:19	25.50	1:14:47	2:55	2	6:11	9	6:11
Lauf 000	5.00	20:53	4:10	2	0:09	3	0:11	25.50	1:14:47	2:55	2	6:11	9	6:11