



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Bürgel, Jennifer

000: 1:15:04

00: 346

00: 25.50 km

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

00000/000: 119 (of 353)

00000/0: 10 (of 84)

000000: 1:08:36

0000:

weibliche AK 3 (TW 30)

00000: 2(of 4)

0000000: 1:12:13

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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	10:45	21:30	2	0:01	21	1:33	0.50	10:45	21:30	5	0:01	85	1:33
Wechsel S -> R	-	2:16	-	2	0:04	18	0:37	0.50	13:01	26:02	5	0:05	85	1:53
Schwimmen 000	0.50	13:01	26:02	5	0:05	85	1:53	0.50	13:01	26:02	5	0:05	85	1:53
Kontrolle Rad	6.00	11:10	1:51	1	-	3	0:21	6.50	24:11	3:43	1	-	85	2:14
Kontrolle Rad	8.00	13:54	1:44	1	-	4	0:22	14.50	38:05	2:37	1	-	84	2:35
Rad Ziel	6.00	10:25	1:44	1	-	6	0:20	20.50	48:30	2:21	1	-	85	2:52
Rad 0	20.00	35:29	1:46	1	25:04	1	25:24	20.50	48:30	2:21	1	-	85	2:52
Wechsel R -> L	-	1:04	-	4	0:15	39	0:29	20.50	49:34	2:25	1	-	6	3:07
Rad 000	20.00	36:33	1:49	1	-	4	1:14	20.50	49:34	2:25	1	-	6	3:07
Kontrolle Lauf	2.40	12:23	5:09	4	1:47	23	2:28	22.90	1:01:57	2:42	5	1:01	85	4:40
Lauf Ziel	2.60	13:07	5:02	4	1:50	28	2:32	25.50	1:15:04	2:56	2	2:51	10	6:28
Lauf 000	5.00	25:30	5:05	4	3:37	24	4:48	25.50	1:15:04	2:56	2	2:51	10	6:28