



16. Lorsche Triathlon

Lorsch / 11.08.2019

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Chapman, Daniela

000: 1:20:31

00: RC Hattersheim

00: 355

00: 25.50 km

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

0000:

weibliche AK 4 (TW 35)

00000/000: 213 (of 353)

00000/0: 32 (of 84)

000000: 1:08:36

00000: 2(of 8)

0000000: 1:18:27

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	11:44	23:27	5	2:28	42	2:32	0.50	11:44	23:27	9	2:28	42	2:32	
Wechsel S -> R	-	2:57	-	4	1:18	45	1:18	0.50	14:41	29:22	9	1:29	41	3:33	
Schwimmen 000	0.50	14:41	29:22	9	1:29	41	3:33	0.50	14:41	29:22	9	1:29	41	3:33	
Kontrolle Rad	6.00	12:28	2:04	1	-	30	1:39	6.50	27:09	4:10	3	1:19	85	5:12	
Kontrolle Rad	8.00	15:29	1:56	1	-	38	1:57	14.50	42:38	2:56	3	0:58	84	7:08	
Rad Ziel	6.00	11:31	1:55	3	0:11	41	1:26	20.50	54:09	2:38	3	1:09	85	8:31	
Rad 0	20.00	39:28	1:58	1	28:08	1	29:23	20.50	54:09	2:38	3	1:09	85	8:31	
Wechsel R -> L	-	1:05	-	4	0:21	42	0:30	20.50	55:14	2:41	9	1:14	85	8:47	
Rad 000	20.00	40:33	2:01	1	-	34	5:14	20.50	55:14	2:41	9	1:14	85	8:47	
Kontrolle Lauf	2.40	12:16	5:06	2	0:20	21	2:21	22.90	1:07:30	2:56	9	1:34	85	10:13	
Lauf Ziel	2.60	13:01	5:00	2	0:30	25	2:26	25.50	1:20:31	3:09	2	2:04	32	11:55	
Lauf 000	5.00	25:17	5:03	2	0:50	21	4:35	25.50	1:20:31	3:09	2	2:04	32	11:55	