



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Dietzschold, Verena

000: 1:23:00

00: 351

00: 25.50 km

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

0000:

Seniorinnen 1 (TW 40)

00000/000: 236 (of 353)

00000/0: 40 (of 84)

000000: 1:08:36

00000: 7(of 17)

0000000: 1:10:03

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	11:08	22:15	6	1:30	30	1:56	0.50	11:08	22:15	18	1:30	85	1:56
Wechsel S -> R	-	3:49	-	16	1:41	74	2:10	0.50	14:57	29:53	18	3:10	85	3:49
Schwimmen 000	0.50	14:57	29:53	18	3:10	85	3:49	0.50	14:57	29:53	18	3:10	85	3:49
Kontrolle Rad	6.00	11:43	1:57	2	0:49	8	0:54	6.50	26:40	4:06	18	3:39	85	4:43
Kontrolle Rad	8.00	14:28	1:48	3	0:56	12	0:56	14.50	41:08	2:50	18	4:35	84	5:38
Rad Ziel	6.00	10:55	1:49	5	0:50	19	0:50	20.50	52:03	2:32	18	5:25	85	6:25
Rad 0	20.00	37:06	1:51	1	27:01	1	27:01	20.50	52:03	2:32	18	5:25	85	6:25
Wechsel R -> L	-	1:22	-	17	0:41	71	0:47	20.50	53:25	2:36	18	5:59	85	6:58
Rad 000	20.00	38:28	1:55	3	3:09	14	3:09	20.50	53:25	2:36	18	5:59	85	6:58
Kontrolle Lauf	2.40	14:37	6:05	13	3:27	63	4:42	22.90	1:08:02	2:58	18	9:26	85	10:45
Lauf Ziel	2.60	14:58	5:45	14	3:31	61	4:23	25.50	1:23:00	3:15	7	12:57	40	14:24
Lauf 000	5.00	29:35	5:54	14	6:58	63	8:53	25.50	1:23:00	3:15	7	12:57	40	14:24