



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Linke, Jennifer

00: SSG Bensheim

00: 424

00: 25.50 km

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

0000:

weibliche AK 2 (TW 25)

000: 1:15:05

00000/000: 120 (of 353)

00000/0: 11 (of 84)

000000: 1:08:36

00000: 3(of 9)

0000000: 1:09:10

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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	10:23	20:45	4	1:08	18	1:11	0.50	10:23	20:45	10	1:08	85	1:11
Wechsel S -> R	-	2:32	-	5	0:30	25	0:53	0.50	12:55	25:49	10	1:29	85	1:47
Schwimmen 000	0.50	12:55	25:49	10	1:29	85	1:47	0.50	12:55	25:49	10	1:29	85	1:47
Kontrolle Rad	6.00	12:04	2:00	3	0:31	17	1:15	6.50	24:59	3:50	10	1:57	85	3:02
Kontrolle Rad	8.00	14:25	1:48	4	0:13	11	0:53	14.50	39:24	2:43	10	2:10	84	3:54
Rad Ziel	6.00	10:40	1:46	3	0:18	9	0:35	20.50	50:04	2:26	10	2:24	85	4:26
Rad 0	20.00	37:09	1:51	1	26:47	1	27:04	20.50	50:04	2:26	10	2:24	85	4:26
Wechsel R -> L	-	1:07	-	8	0:28	45	0:32	20.50	51:11	2:29	10	2:43	85	4:44
Rad 000	20.00	38:16	1:54	3	1:17	11	2:57	20.50	51:11	2:29	10	2:43	85	4:44
Kontrolle Lauf	2.40	11:42	4:52	2	1:35	11	1:47	22.90	1:02:53	2:44	10	4:18	85	5:36
Lauf Ziel	2.60	12:12	4:41	2	1:37	13	1:37	25.50	1:15:05	2:56	3	5:55	11	6:29
Lauf 000	5.00	23:54	4:46	2	3:12	13	3:12	25.50	1:15:05	2:56	3	5:55	11	6:29