



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Sierig, Kristin

000: 1:10:03

00: 75

00: 25.50 km

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

0000:

Seniorinnen 1 (TW 40)

00000/000: 60 (of 353)

00000/0: 3 (of 84)

000000: 1:08:36

00000: 1(of 17)

0000000: 1:10:03

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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	9:59	19:57	2	0:21	12	0:47	0.50	9:59	19:57	2	0:21	12	0:47	
Wechsel S -> R	-	2:08	-	1	-	9	0:29	0.50	12:07	24:14	2	0:20	8	0:59	
Schwimmen 000	0.50	12:07	24:14	2	0:20	8	0:59	0.50	12:07	24:14	2	0:20	8	0:59	
Kontrolle Rad	6.00	10:54	1:49	1	-	2	0:05	6.50	23:01	3:32	1	-	2	1:04	
Kontrolle Rad	8.00	13:32	1:41	1	-	1	-	14.50	36:33	2:31	1	-	2	1:03	
Rad Ziel	6.00	10:05	1:40	1	-	1	-	20.50	46:38	2:16	1	-	2	1:00	
Rad 0	20.00	34:31	1:43	1	24:26	1	24:26	20.50	46:38	2:16	1	-	2	1:00	
Wechsel R -> L	-	0:48	-	2	0:07	9	0:13	20.50	47:26	2:18	1	-	2	0:59	
Rad 000	20.00	35:19	1:45	1	-	2	-	20.50	47:26	2:18	1	-	2	0:59	
Kontrolle Lauf	2.40	11:10	4:39	1	-	8	1:15	22.90	58:36	2:33	1	-	3	1:19	
Lauf Ziel	2.60	11:27	4:24	1	-	7	0:52	25.50	1:10:03	2:44	1	-	3	1:27	
Lauf 000	5.00	22:37	4:31	1	-	7	1:55	25.50	1:10:03	2:44	1	-	3	1:27	