



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Küspert, Kerstin

000: 1:17:15

00: 70

00: 25.50 km

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

0000:

Seniorinnen 2 TW 45)

00000/000: 155 (of 353)

00000/0: 17 (of 84)

000000: 1:08:36

00000: 4(of 20)

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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	12:33	25:06	9	3:14	59	3:21	0.50	12:33	25:06	9	3:14	59	3:21	
Wechsel S -> R	-	2:37	-	7	0:48	29	0:58	0.50	15:10	30:19	8	4:02	51	4:02	
Schwimmen 000	0.50	15:10	30:19	8	4:02	51	4:02	0.50	15:10	30:19	8	4:02	51	4:02	
Kontrolle Rad	6.00	12:54	2:08	11	2:05	45	2:05	6.50	28:04	4:19	9	6:07	48	6:07	
Kontrolle Rad	8.00	15:46	1:58	11	2:13	41	2:14	14.50	43:50	3:01	8	8:20	41	8:20	
Rad Ziel	6.00	11:48	1:58	13	1:40	49	1:43	20.50	55:38	2:42	8	10:00	42	10:00	
Rad 0	20.00	40:28	2:01	1	30:20	1	30:23	20.50	55:38	2:42	8	10:00	42	10:00	
Wechsel R -> L	-	0:53	-	5	0:09	20	0:18	20.50	56:31	2:45	8	10:04	40	10:04	
Rad 000	20.00	41:21	2:04	12	6:02	47	6:02	20.50	56:31	2:45	8	10:04	40	10:04	
Kontrolle Lauf	2.40	9:55	4:07	1	-	1	-	22.90	1:06:26	2:54	6	9:09	28	9:09	
Lauf Ziel	2.60	10:49	4:09	1	-	2	0:14	25.50	1:17:15	3:01	4	8:39	17	8:39	
Lauf 000	5.00	20:44	4:08	1	-	2	0:02	25.50	1:17:15	3:01	4	8:39	17	8:39	