



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Lenhardt, Maria-Luise

000: 1:17:27

00: 62

00: 25.50 km

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

0000:

Seniorinnen 3 (TW 50)

00000/000: 157 (of 353)

00000/0: 18 (of 84)

000000: 1:08:36

00000: 4(of 17)

0000000: 1:12:44

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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	10:12	20:23	4	1:00	16	1:00	0.50	10:12	20:23	4	1:00	16	1:00	
Wechsel S -> R	-	2:01	-	1	-	5	0:22	0.50	12:13	24:26	2	0:55	10	1:05	
Schwimmen 000	0.50	12:13	24:26	2	0:55	10	1:05	0.50	12:13	24:26	2	0:55	10	1:05	
Kontrolle Rad	6.00	12:05	2:00	3	0:47	18	1:16	6.50	24:18	3:44	3	0:37	11	2:21	
Kontrolle Rad	8.00	14:47	1:50	3	0:55	16	1:15	14.50	39:05	2:41	17	1:00	13	3:35	
Rad Ziel	6.00	10:41	1:46	3	0:24	10	0:36	20.50	49:46	2:25	18	1:21	12	4:08	
Rad 0	20.00	37:33	1:52	1	27:16	1	27:28	20.50	49:46	2:25	18	1:21	12	4:08	
Wechsel R -> L	-	1:00	-	6	0:07	30	0:25	20.50	50:46	2:28	18	1:25	12	4:19	
Rad 000	20.00	38:33	1:55	3	2:07	15	3:14	20.50	50:46	2:28	18	1:25	12	4:19	
Kontrolle Lauf	2.40	13:01	5:25	9	2:22	39	3:06	22.90	1:03:47	2:47	4	2:27	14	6:30	
Lauf Ziel	2.60	13:40	5:15	8	2:16	36	3:05	25.50	1:17:27	3:02	4	4:43	18	8:51	
Lauf 000	5.00	26:41	5:20	8	4:38	37	5:59	25.50	1:17:27	3:02	4	4:43	18	8:51	