



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Korgitta, Stefanie

000: 1:17:47

00: SSG Bensheim

00: 84

00: 25.50 km

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

0000:

Seniorinnen 2 TW 45)

00000/000: 168 (of 353)

00000/0: 21 (of 84)

000000: 1:08:36

00000: 5(of 20)

0000000: 1:08:36

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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	9:23	18:45	2	0:04	5	0:11	0.50	9:23	18:45	2	0:04	5	0:11	
Wechsel S -> R	-	1:51	-	2	0:02	3	0:12	0.50	11:14	22:27	2	0:06	2	0:06	
Schwimmen 000	0.50	11:14	22:27	2	0:06	2	0:06	0.50	11:14	22:27	2	0:06	2	0:06	
Kontrolle Rad	6.00	11:54	1:59	2	1:05	12	1:05	6.50	23:08	3:33	2	1:11	4	1:11	
Kontrolle Rad	8.00	14:31	1:48	2	0:58	13	0:59	14.50	37:39	2:35	2	2:09	4	2:09	
Rad Ziel	6.00	11:01	1:50	4	0:53	23	0:56	20.50	48:40	2:22	2	3:02	6	3:02	
Rad 0	20.00	37:26	1:52	1	27:18	1	27:21	20.50	48:40	2:22	2	3:02	6	3:02	
Wechsel R -> L	-	0:54	-	7	0:10	23	0:19	20.50	49:34	2:25	2	3:07	6	3:07	
Rad 000	20.00	38:20	1:55	2	3:01	12	3:01	20.50	49:34	2:25	2	3:07	6	3:07	
Kontrolle Lauf	2.40	13:36	5:40	12	3:41	50	3:41	22.90	1:03:10	2:45	2	5:53	12	5:53	
Lauf Ziel	2.60	14:37	5:37	14	3:48	55	4:02	25.50	1:17:47	3:03	5	9:11	21	9:11	
Lauf 000	5.00	28:13	5:38	13	7:29	51	7:31	25.50	1:17:47	3:03	5	9:11	21	9:11	