



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Ferbert, Lisa

000: 1:18:36

00: 81

00: 25.50 km

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

0000:

weibliche AK 3 (TW 30)

00000/000: 179 (of 353)

00000/0: 25 (of 84)

000000: 1:08:36

00000: 4(of 4)

0000000: 1:12:13

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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	11:54	23:48	4	1:10	50	2:42	0.50	11:54	23:48	5	1:10	50	2:42	
Wechsel S -> R	-	2:47	-	3	0:35	37	1:08	0.50	14:41	29:22	5	1:45	41	3:33	
Schwimmen 000	0.50	14:41	29:22	5	1:45	41	3:33	0.50	14:41	29:22	5	1:45	41	3:33	
Kontrolle Rad	6.00	12:29	2:04	4	1:19	33	1:40	6.50	27:10	4:10	5	2:59	38	5:13	
Kontrolle Rad	8.00	15:25	1:55	4	1:31	35	1:53	14.50	42:35	2:56	5	4:30	37	7:05	
Rad Ziel	6.00	11:07	1:51	4	0:42	25	1:02	20.50	53:42	2:37	5	5:12	36	8:04	
Rad 0	20.00	39:01	1:57	1	28:36	1	28:56	20.50	53:42	2:37	5	5:12	36	8:04	
Wechsel R -> L	-	1:02	-	3	0:13	35	0:27	20.50	54:44	2:40	5	5:10	36	8:17	
Rad 000	20.00	40:03	2:00	4	3:30	29	4:44	20.50	54:44	2:40	5	5:10	36	8:17	
Kontrolle Lauf	2.40	11:42	4:52	2	1:06	11	1:47	22.90	1:06:26	2:54	5	5:30	28	9:09	
Lauf Ziel	2.60	12:10	4:40	2	0:53	12	1:35	25.50	1:18:36	3:04	4	6:23	25	10:00	
Lauf 000	5.00	23:52	4:46	2	1:59	12	3:10	25.50	1:18:36	3:04	4	6:23	25	10:00	