



16. Lorsche Triathlon

Lorsch / 11.08.2019

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Thomsen, Gisela

000: 1:19:50

00: SSG Bensheim Triathlon

00: 78

00: 25.50 km

Lorsche Triathlon 0,5-20,0-5,0

0000:

Seniorinnen 3 (TW 50)

00000/000: 200 (of 353)

00000/0: 29 (of 84)

000000: 1:08:36

00000: 7(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	10:08	20:15	3	0:56	15	0:56	0.50	10:08	20:15	3	0:56	15	0:56	
Wechsel S -> R	-	2:54	-	9	0:53	40	1:15	0.50	13:02	26:03	5	1:44	20	1:54	
Schwimmen 000	0.50	13:02	26:03	5	1:44	20	1:54	0.50	13:02	26:03	5	1:44	20	1:54	
Kontrolle Rad	6.00	13:00	2:09	11	1:42	49	2:11	6.50	26:02	4:00	6	2:21	27	4:05	
Kontrolle Rad	8.00	15:35	1:56	8	1:43	40	2:03	14.50	41:37	2:52	17	3:32	28	6:07	
Rad Ziel	6.00	11:36	1:56	9	1:19	44	1:31	20.50	53:13	2:35	18	4:48	32	7:35	
Rad 0	20.00	40:11	2:00	1	29:54	1	30:06	20.50	53:13	2:35	18	4:48	32	7:35	
Wechsel R -> L	-	0:58	-	5	0:05	28	0:23	20.50	54:11	2:38	18	4:50	32	7:44	
Rad 000	20.00	41:09	2:03	9	4:43	43	5:50	20.50	54:11	2:38	18	4:50	32	7:44	
Kontrolle Lauf	2.40	12:30	5:12	6	1:51	24	2:35	22.90	1:06:41	2:54	7	5:21	30	9:24	
Lauf Ziel	2.60	13:09	5:03	6	1:45	29	2:34	25.50	1:19:50	3:07	7	7:06	29	11:14	
Lauf 000	5.00	25:39	5:07	6	3:36	27	4:57	25.50	1:19:50	3:07	7	7:06	29	11:14	