



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Grimm, Elfi

000: 1:19:54

00: 74

00: 25.50 km

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

0000:

Seniorinnen 2 TW 45)

00000/000: 202 (of 353)

00000/0: 30 (of 84)

000000: 1:08:36

00000: 7(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	11:48	23:36	7	2:29	44	2:36	0.50	11:48	23:36	7	2:29	44	2:36	
Wechsel S -> R	-	2:54	-	10	1:05	40	1:15	0.50	14:42	29:23	7	3:34	42	3:34	
Schwimmen 000	0.50	14:42	29:23	7	3:34	42	3:34	0.50	14:42	29:23	7	3:34	42	3:34	
Kontrolle Rad	6.00	12:25	2:04	6	1:36	27	1:36	6.50	27:07	4:10	6	5:10	35	5:10	
Kontrolle Rad	8.00	15:02	1:52	5	1:29	23	1:30	14.50	42:09	2:54	6	6:39	33	6:39	
Rad Ziel	6.00	10:50	1:48	2	0:42	13	0:45	20.50	52:59	2:35	6	7:21	30	7:21	
Rad 0	20.00	38:17	1:54	1	28:09	1	28:12	20.50	52:59	2:35	6	7:21	30	7:21	
Wechsel R -> L	-	0:51	-	3	0:07	16	0:16	20.50	53:50	2:37	5	7:23	27	7:23	
Rad 000	20.00	39:08	1:57	4	3:49	21	3:49	20.50	53:50	2:37	5	7:23	27	7:23	
Kontrolle Lauf	2.40	12:51	5:21	6	2:56	33	2:56	22.90	1:06:41	2:54	7	9:24	30	9:24	
Lauf Ziel	2.60	13:13	5:04	7	2:24	31	2:38	25.50	1:19:54	3:08	7	11:18	30	11:18	
Lauf 000	5.00	26:04	5:12	7	5:20	32	5:22	25.50	1:19:54	3:08	7	11:18	30	11:18	