



16. Lorsche Triathlon

Lorsch / 11.08.2019

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Freiberger, Nina

000: 1:24:25

00: LSV Ladenburg

00: 99

00: 25.50 km

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

00000/000: 251 (of 353)

00000/0: 42 (of 84)

000000: 1:08:36

0000:

00000: 8(of 9)

weibliche AK 2 (TW 25)

0000000: 1:09:10

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	11:16	22:32	6	2:01	31	2:04	0.50	11:16	22:32	6	2:01	31	2:04
Wechsel S -> R	-	3:13	-	7	1:11	54	1:34	0.50	14:29	28:57	10	3:03	38	3:21
Schwimmen 000	0.50	14:29	28:57	10	3:03	38	3:21	0.50	14:29	28:57	10	3:03	38	3:21
Kontrolle Rad	6.00	12:39	2:06	7	1:06	36	1:50	6.50	27:08	4:10	7	4:06	36	5:11
Kontrolle Rad	8.00	15:23	1:55	7	1:11	33	1:51	14.50	42:31	2:55	7	5:17	36	7:01
Rad Ziel	6.00	11:21	1:53	7	0:59	34	1:16	20.50	53:52	2:37	7	6:12	37	8:14
Rad 0	20.00	39:23	1:58	1	29:01	1	29:18	20.50	53:52	2:37	7	6:12	37	8:14
Wechsel R -> L	-	1:26	-	9	0:47	74	0:51	20.50	55:18	2:41	7	6:50	39	8:51
Rad 000	20.00	40:49	2:02	7	3:50	38	5:30	20.50	55:18	2:41	7	6:50	39	8:51
Kontrolle Lauf	2.40	14:04	5:51	9	3:57	54	4:09	22.90	1:09:22	3:01	7	10:47	40	12:05
Lauf Ziel	2.60	15:03	5:47	9	4:28	62	4:28	25.50	1:24:25	3:18	8	15:15	42	15:49
Lauf 000	5.00	29:07	5:49	9	8:25	58	8:25	25.50	1:24:25	3:18	8	15:15	42	15:49