



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Dreiss, Anja

000: 1:27:07

00: 107

00: 25.50 km

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

0000:

Seniorinnen 2 TW 45)

00000/000: 276 (of 353)

00000/0: 54 (of 84)

000000: 1:08:36

00000: 12(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	13:56	27:52	14	4:37	72	4:44	0.50	13:56	27:52	14	4:37	72	4:44	
Wechsel S -> R	-	2:46	-	8	0:57	36	1:07	0.50	16:42	33:23	13	5:34	67	5:34	
Schwimmen 000	0.50	16:42	33:23	13	5:34	67	5:34	0.50	16:42	33:23	13	5:34	67	5:34	
Kontrolle Rad	6.00	12:57	2:09	13	2:08	47	2:08	6.50	29:39	4:33	11	7:42	60	7:42	
Kontrolle Rad	8.00	15:24	1:55	8	1:51	34	1:52	14.50	45:03	3:06	12	9:33	49	9:33	
Rad Ziel	6.00	11:11	1:51	6	1:03	29	1:06	20.50	56:14	2:44	10	10:36	45	10:36	
Rad 0	20.00	39:32	1:58	1	29:24	1	29:27	20.50	56:14	2:44	10	10:36	45	10:36	
Wechsel R -> L	-	1:20	-	15	0:36	66	0:45	20.50	57:34	2:48	11	11:07	46	11:07	
Rad 000	20.00	40:52	2:02	9	5:33	39	5:33	20.50	57:34	2:48	11	11:07	46	11:07	
Kontrolle Lauf	2.40	14:57	6:13	16	5:02	68	5:02	22.90	1:12:31	3:10	12	15:14	54	15:14	
Lauf Ziel	2.60	14:36	5:36	13	3:47	54	4:01	25.50	1:27:07	3:24	12	18:31	54	18:31	
Lauf 000	5.00	29:33	5:54	14	8:49	61	8:51	25.50	1:27:07	3:24	12	18:31	54	18:31	