



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Petith, Marion

000: 1:27:38

00: 60

00: 25.50 km

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

00000/000: 281 (of 353)

00000/0: 58 (of 84)

000000: 1:08:36

0000:

00000: 13(of 20)

Seniorinnen 2 TW 45)

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	12:54	25:48	11	3:35	62	3:42	0.50	12:54	25:48	11	3:35	62	3:42	
Wechsel S -> R	-	3:17	-	13	1:28	58	1:38	0.50	16:11	32:22	11	5:03	63	5:03	
Schwimmen 000	0.50	16:11	32:22	11	5:03	63	5:03	0.50	16:11	32:22	11	5:03	63	5:03	
Kontrolle Rad	6.00	14:08	2:21	14	3:19	68	3:19	6.50	30:19	4:39	14	8:22	66	8:22	
Kontrolle Rad	8.00	17:15	2:09	15	3:42	68	3:43	14.50	47:34	3:16	15	12:04	68	12:04	
Rad Ziel	6.00	12:58	2:09	16	2:50	71	2:53	20.50	1:00:32	2:57	15	14:54	69	14:54	
Rad 0	20.00	44:21	2:13	1	34:13	1	34:16	20.50	1:00:32	2:57	15	14:54	69	14:54	
Wechsel R -> L	-	1:09	-	9	0:25	53	0:34	20.50	1:01:41	3:00	15	15:14	69	15:14	
Rad 000	20.00	45:30	2:16	15	10:11	69	10:11	20.50	1:01:41	3:00	15	15:14	69	15:14	
Kontrolle Lauf	2.40	12:58	5:24	8	3:03	37	3:03	22.90	1:14:39	3:15	15	17:22	65	17:22	
Lauf Ziel	2.60	12:59	4:59	6	2:10	23	2:24	25.50	1:27:38	3:26	13	19:02	58	19:02	
Lauf 000	5.00	25:57	5:11	6	5:13	30	5:15	25.50	1:27:38	3:26	13	19:02	58	19:02	