



16. Lorsche Triathlon

Lorsch / 11.08.2019

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Rüdiger, Kathrin

000: 1:47:59

00: DLRG Lorsch e.V.

00: 27

00: 25.50 km

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

00000/000: 345 (of 353)

00000/0: 80 (of 84)

000000: 1:08:36

0000:

00000: 17(of 17)

Seniorinnen 3 (TW 50)

0000000: 1:12:44

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	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	13:40	27:19	15	4:28	69	4:28	0.50	13:40	27:19	18	4:28	85	4:28
Wechsel S -> R	-	3:45	-	14	1:44	72	2:06	0.50	17:25	34:50	18	6:07	85	6:17
Schwimmen 000	0.50	17:25	34:50	18	6:07	85	6:17	0.50	17:25	34:50	18	6:07	85	6:17
Kontrolle Rad	6.00	14:02	2:20	16	2:44	66	3:13	6.50	31:27	4:50	18	7:46	85	9:30
Kontrolle Rad	8.00	17:40	2:12	15	3:48	70	4:08	14.50	49:07	3:23	17	11:02	84	13:37
Rad Ziel	6.00	12:50	2:08	15	2:33	69	2:45	20.50	1:01:57	3:01	18	13:32	85	16:19
Rad 0	20.00	44:32	2:13	1	34:15	1	34:27	20.50	1:01:57	3:01	18	13:32	85	16:19
Wechsel R -> L	-	1:08	-	10	0:15	50	0:33	20.50	1:03:05	3:04	18	13:44	85	16:38
Rad 000	20.00	45:40	2:16	16	9:14	70	10:21	20.50	1:03:05	3:04	18	13:44	85	16:38
Kontrolle Lauf	2.40	21:50	9:05	17	11:11	82	11:55	22.90	1:24:55	3:42	18	23:35	85	27:38
Lauf Ziel	2.60	23:04	8:52	17	11:40	82	12:29	25.50	1:47:59	4:14	17	35:15	80	39:23
Lauf 000	5.00	44:54	8:58	17	22:51	82	24:12	25.50	1:47:59	4:14	17	35:15	80	39:23