



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Warmuth, Susanne

000: 1:30:09

00: 64

00: 25.50 km

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

0000:

Seniorinnen 2 TW 45)

00000/000: 299 (of 353)

00000/0: 65 (of 84)

000000: 1:08:36

00000: 14(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	11:44	23:27	6	2:25	42	2:32	0.50	11:44	23:27	6	2:25	42	2:32	
Wechsel S -> R	-	4:10	-	19	2:21	79	2:31	0.50	15:54	31:48	10	4:46	59	4:46	
Schwimmen 000	0.50	15:54	31:48	10	4:46	59	4:46	0.50	15:54	31:48	10	4:46	59	4:46	
Kontrolle Rad	6.00	12:43	2:07	9	1:54	39	1:54	6.50	28:37	4:24	10	6:40	51	6:40	
Kontrolle Rad	8.00	16:13	2:01	13	2:40	49	2:41	14.50	44:50	3:05	11	9:20	48	9:20	
Rad Ziel	6.00	11:27	1:54	10	1:19	40	1:22	20.50	56:17	2:44	11	10:39	46	10:39	
Rad 0	20.00	40:23	2:01	1	30:15	1	30:18	20.50	56:17	2:44	11	10:39	46	10:39	
Wechsel R -> L	-	0:51	-	3	0:07	16	0:16	20.50	57:08	2:47	9	10:41	43	10:41	
Rad 000	20.00	41:14	2:03	10	5:55	44	5:55	20.50	57:08	2:47	9	10:41	43	10:41	
Kontrolle Lauf	2.40	16:07	6:42	17	6:12	74	6:12	22.90	1:13:15	3:11	13	15:58	59	15:58	
Lauf Ziel	2.60	16:54	6:29	18	6:05	76	6:19	25.50	1:30:09	3:32	14	21:33	65	21:33	
Lauf 000	5.00	33:01	6:36	18	12:17	76	12:19	25.50	1:30:09	3:32	14	21:33	65	21:33	