



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Baumgarten, Silvia

000: 1:54:02

00: Running Sibana

00: 52

00: 25.50 km

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

00000/000: 347 (of 353)

00000/0: 82 (of 84)

000000: 1:08:36

00000: 1(of 1)

0000000: 1:54:02

0000:

Seniorinnen 6 (TW 65)

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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	16:37	33:14	1	-	84	7:25	0.50	16:37	33:14	1	-	85	7:25
Wechsel S -> R	-	6:02	-	1	-	84	4:23	0.50	22:39	45:17	1	-	85	11:31
Schwimmen 000	0.50	22:39	45:17	1	-	85	11:31	0.50	22:39	45:17	1	-	85	11:31
Kontrolle Rad	6.00	15:03	2:30	1	-	78	4:14	6.50	37:42	5:48	1	-	85	15:45
Kontrolle Rad	8.00	18:48	2:21	1	-	77	5:16	14.50	56:30	3:53	1	-	84	21:00
Rad Ziel	6.00	13:29	2:14	1	-	72	3:24	20.50	1:09:59	3:24	1	-	85	24:21
Rad 0	20.00	47:20	2:22	1	33:51	1	37:15	20.50	1:09:59	3:24	1	-	85	24:21
Wechsel R -> L	-	4:03	-	1	-	84	3:28	20.50	1:14:02	3:36	1	-	85	27:35
Rad 000	20.00	51:23	2:34	1	-	82	16:04	20.50	1:14:02	3:36	1	-	85	27:35
Kontrolle Lauf	2.40	19:36	8:10	1	-	81	9:41	22.90	1:33:38	4:05	1	-	85	36:21
Lauf Ziel	2.60	20:24	7:50	1	-	81	9:49	25.50	1:54:02	4:28	1	-	82	45:26
Lauf 000	5.00	40:00	8:00	1	-	81	19:18	25.50	1:54:02	4:28	1	-	82	45:26