



17. Lorsch Triathlon

Lorsch / 21.08.2022

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Jenny Hänseroth

□□□: 1:06:39

□□: Helaba BSG Triathlon/ SC Oberursel

□□: 73

□□: 25.50 km

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

□□□□□/□: 1 (of 69)

□□□□□□: 1:06:39

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□□□□□: 1(of 10)

Seniorinnen 1 (TW 40)

□□□□□□□: 1:06:39

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	8:35	17:10	1	-	2	0:49	0.50	8:35	17:10	1	-	70	0:49
Wechsel S -> R	-	1:42	-	1	-	1	-	0.50	10:17	20:33	1	-	70	0:21
Schwimmen □□□	0.50	10:17	20:33	1	-	70	0:21	0.50	10:17	20:33	1	-	70	0:21
Rad netto	20.00	35:07	1:45	1	-	1	-	20.50	45:24	2:12	1	-	1	-
Wechsel R -> L	-	0:58	-	6	0:19	27	0:20	20.50	46:22	2:15	1	-	1	-
Rad □□□	20.00	36:05	1:48	1	-	1	-	20.50	46:22	2:15	1	-	1	-
Lauf Ziel	5.00	20:17	4:03	1	-	1	-	25.50	1:06:39	2:36	1	-	1	-