



17. Lorsch Triathlon

Lorsch / 21.08.2022

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Ellen Friesen

□□□: 1:34:01

□□: 234

□□: 25.50 km

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

□□□□□/□□□: 250 (of 279)

□□□□□/□: 56 (of 69)

□□□□□□: 1:06:39

□□□□:

Seniorinnen 1 (TW 40)

□□□□□: 8(of 10)

□□□□□□□: 1:06:39

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	13:16	26:32	8	4:41	55	5:30	0.50	13:16	26:32	11	4:41	70	5:30
Wechsel S -> R	-	4:31	-	10	2:49	66	2:49	0.50	17:47	35:34	11	7:30	70	7:51
Schwimmen □□□	0.50	17:47	35:34	11	7:30	70	7:51	0.50	17:47	35:34	11	7:30	70	7:51
Rad netto	20.00	46:07	2:18	9	11:00	60	11:00	20.50	1:03:54	3:07	11	18:30	70	18:30
Wechsel R -> L	-	0:47	-	2	0:08	9	0:09	20.50	1:04:41	3:09	11	18:19	70	18:19
Rad □□□	20.00	46:54	2:20	9	10:49	59	10:49	20.50	1:04:41	3:09	11	18:19	70	18:19
Lauf Ziel	5.00	29:20	5:51	7	9:03	46	9:03	25.50	1:34:01	3:41	8	27:22	56	27:22