



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

claudia Fritzsche

000: 1:44:28

00: 82

00: 25.50 km

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

00000/000: 270 (of 279)

00000/0: 65 (of 69)

000000: 1:06:39

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Seniorinnen 1 (TW 40)

00000: 10(of 10)

0000000: 1:06:39

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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	12:59	25:57	7	4:24	47	5:13	0.50	12:59	25:57	7	4:24	70	5:13
Wechsel S -> R	-	4:30	-	9	2:48	65	2:48	0.50	17:29	34:58	7	7:12	70	7:33
Schwimmen 000	0.50	17:29	34:58	7	7:12	70	7:33	0.50	17:29	34:58	7	7:12	70	7:33
Rad netto	20.00	54:08	2:42	10	19:01	66	19:01	20.50	1:11:37	3:29	10	26:13	66	26:13
Wechsel R -> L	-	1:33	-	9	0:54	55	0:55	20.50	1:13:10	3:34	10	26:48	65	26:48
Rad 000	20.00	55:41	2:47	10	19:36	66	19:36	20.50	1:13:10	3:34	10	26:48	65	26:48
Lauf Ziel	5.00	31:18	6:15	8	11:01	56	11:01	25.50	1:44:28	4:05	10	37:49	65	37:49