



17. Lorsch Triathlon

Lorsch / 21.08.2022

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Linda Betto

□□□: 1:22:55

□□: Höchster Schwimmverein 1893 e.V.

□□: 107

□□: 25.50 km

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

□□□□□/□□□: 162 (of 279)

□□□□□/□: 26 (of 69)

□□□□□□: 1:06:39

□□□□:

Seniorinnen 2 (TW 45)

□□□□□: 1(of 13)

□□□□□□□: 1:22:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	12:25	24:49	5	2:40	34	4:39	0.50	12:25	24:49	14	2:40	70	4:39
Wechsel S -> R	-	2:29	-	1	-	15	0:47	0.50	14:54	29:48	14	2:40	70	4:58
Schwimmen □□□	0.50	14:54	29:48	14	2:40	70	4:58	0.50	14:54	29:48	14	2:40	70	4:58
Rad netto	20.00	40:34	2:01	7	2:46	35	5:27	20.50	55:28	2:42	14	3:41	32	10:04
Wechsel R -> L	-	1:28	-	5	0:20	48	0:50	20.50	56:56	2:46	14	4:01	33	10:34
Rad □□□	20.00	42:02	2:06	7	2:42	35	5:57	20.50	56:56	2:46	14	4:01	33	10:34
Lauf Ziel	5.00	25:59	5:11	2	4:52	26	5:42	25.50	1:22:55	3:15	1	-	26	16:16