



17. Lorsch Triathlon

Lorsch / 21.08.2022

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Nicole Nepputh

000: 1:23:26

00: Team Body Attack

00: 114

00: 25.50 km

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

00000/000: 169 (of 279)

00000/0: 28 (of 69)

000000: 1:06:39

0000:

Seniorinnen 2 (TW 45)

00000: 2(of 13)

0000000: 1:22:55

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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	11:06	22:11	2	1:21	18	3:20	0.50	11:06	22:11	14	1:21	18	3:20
Wechsel S -> R	-	2:42	-	3	0:13	26	1:00	0.50	13:48	27:36	14	1:34	20	3:52
Schwimmen 000	0.50	13:48	27:36	14	1:34	20	3:52	0.50	13:48	27:36	14	1:34	20	3:52
Rad netto	20.00	38:12	1:54	2	0:24	12	3:05	20.50	52:00	2:32	14	0:13	70	6:36
Wechsel R -> L	-	1:14	-	2	0:06	42	0:36	20.50	53:14	2:35	14	0:19	70	6:52
Rad 000	20.00	39:26	1:58	2	0:06	14	3:21	20.50	53:14	2:35	14	0:19	70	6:52
Lauf Ziel	5.00	30:12	6:02	10	9:05	50	9:55	25.50	1:23:26	3:16	2	0:31	28	16:47