



17. Lorsch Triathlon

Lorsch / 21.08.2022

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Nicole Mamier

000: 1:24:43

00: 14

00: 25.50 km

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

00000/000: 183 (of 279)

00000/0: 33 (of 69)

000000: 1:06:39

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Seniorinnen 2 (TW 45)

00000: 6(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	13:02	26:03	7	3:17	50	5:16	0.50	13:02	26:03	7	3:17	70	5:16
Wechsel S -> R	-	3:15	-	8	0:46	45	1:33	0.50	16:17	32:34	7	4:03	70	6:21
Schwimmen 000	0.50	16:17	32:34	7	4:03	70	6:21	0.50	16:17	32:34	7	4:03	70	6:21
Rad netto	20.00	37:48	1:53	1	-	11	2:41	20.50	54:05	2:38	5	2:18	70	8:41
Wechsel R -> L	-	1:32	-	8	0:24	53	0:54	20.50	55:37	2:42	4	2:42	70	9:15
Rad 000	20.00	39:20	1:58	1	-	12	3:15	20.50	55:37	2:42	4	2:42	70	9:15
Lauf Ziel	5.00	29:06	5:49	7	7:59	45	8:49	25.50	1:24:43	3:19	6	1:48	33	18:04