



17. Lorsch Triathlon

Lorsch / 21.08.2022

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Ellen Lichtenheldt

□□□: 1:24:52

□□: 57

□□: 25.50 km

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

□□□□□/□□□: 184 (of 279)

□□□□□/□: 34 (of 69)

□□□□□□: 1:06:39

□□□□:

Seniorinnen 2 (TW 45)

□□□□□: 7(of 13)

□□□□□□□: 1:22:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	11:58	23:56	4	2:13	30	4:12	0.50	11:58	23:56	14	2:13	70	4:12
Wechsel S -> R	-	2:58	-	5	0:29	35	1:16	0.50	14:56	29:52	14	2:42	70	5:00
Schwimmen □□□	0.50	14:56	29:52	14	2:42	70	5:00	0.50	14:56	29:52	14	2:42	70	5:00
Rad netto	20.00	38:54	1:56	3	1:06	17	3:47	20.50	53:50	2:37	14	2:03	23	8:26
Wechsel R -> L	-	1:28	-	5	0:20	48	0:50	20.50	55:18	2:41	14	2:23	25	8:56
Rad □□□	20.00	40:22	2:01	3	1:02	25	4:17	20.50	55:18	2:41	14	2:23	25	8:56
Lauf Ziel	5.00	29:34	5:54	8	8:27	47	9:17	25.50	1:24:52	3:19	7	1:57	34	18:13