



17. Lorsch Triathlon

Lorsch / 21.08.2022

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Susanne Niebler

000: 1:21:23

00: TSV Amicitia Viernheim

00: 70

00: 25.50 km

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

00000/000: 150 (of 279)

00000/0: 21 (of 69)

000000: 1:06:39

0000:

Seniorinnen 3 (TW 50)

00000: 3(of 10)

0000000: 1:11:58

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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	12:45	25:30	6	2:43	40	4:59	0.50	12:45	25:30	11	2:43	70	4:59
Wechsel S -> R	-	2:05	-	1	-	7	0:23	0.50	14:50	29:40	11	2:35	70	4:54
Schwimmen 000	0.50	14:50	29:40	11	2:35	70	4:54	0.50	14:50	29:40	11	2:35	70	4:54
Rad netto	20.00	39:03	1:57	5	1:55	21	3:56	20.50	53:53	2:37	11	4:24	25	8:29
Wechsel R -> L	-	1:10	-	7	0:32	40	0:32	20.50	55:03	2:41	11	4:43	23	8:41
Rad 000	20.00	40:13	2:00	5	2:08	22	4:08	20.50	55:03	2:41	11	4:43	23	8:41
Lauf Ziel	5.00	26:20	5:15	5	4:42	29	6:03	25.50	1:21:23	3:11	3	9:25	21	14:44