



# 17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Kerstin Wiesner

000: 1:25:21

00: 105

00: 25.50 km

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

00000/000: 189 (of 279)

00000/0: 36 (of 69)

000000: 1:06:39

0000:

Seniorinnen 3 (TW 50)

00000: 6(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	12:44	25:27	5	2:42	39	4:58	0.50	12:44	25:27	11	2:42	70	4:58
Wechsel S -> R	-	2:33	-	3	0:28	19	0:51	0.50	15:17	30:33	11	3:02	70	5:21
Schwimmen 000	0.50	15:17	30:33	11	3:02	70	5:21	0.50	15:17	30:33	11	3:02	70	5:21
Rad netto	20.00	43:19	2:09	7	6:11	50	8:12	20.50	58:36	2:51	11	9:07	43	13:12
Wechsel R -> L	-	1:39	-	9	1:01	60	1:01	20.50	1:00:15	2:56	11	9:55	46	13:53
Rad 000	20.00	44:58	2:14	7	6:53	51	8:53	20.50	1:00:15	2:56	11	9:55	46	13:53
Lauf Ziel	5.00	25:06	5:01	2	3:28	16	4:49	25.50	1:25:21	3:20	6	13:23	36	18:42