



# 17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Carina Born-Brosy

000: 1:29:13

00: 8

00: 25.50 km

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

00000/000: 217 (of 279)

00000/0: 47 (of 69)

000000: 1:06:39

0000:

Seniorinnen 3 (TW 50)

00000: 8(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	15:22	30:44	10	5:20	65	7:36	0.50	15:22	30:44	11	5:20	70	7:36
Wechsel S -> R	-	3:47	-	9	1:42	53	2:05	0.50	19:09	38:17	11	6:54	70	9:13
Schwimmen 000	0.50	19:09	38:17	11	6:54	70	9:13	0.50	19:09	38:17	11	6:54	70	9:13
Rad netto	20.00	43:03	2:09	6	5:55	49	7:56	20.50	1:02:12	3:02	11	12:43	70	16:48
Wechsel R -> L	-	0:38	-	1	-	1	-	20.50	1:02:50	3:03	11	12:30	70	16:28
Rad 000	20.00	43:41	2:11	6	5:36	45	7:36	20.50	1:02:50	3:03	11	12:30	70	16:28
Lauf Ziel	5.00	26:23	5:16	6	4:45	30	6:06	25.50	1:29:13	3:29	8	17:15	47	22:34