



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Elke Rettig

000: 1:35:05

00: 121

00: 25.50 km

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

00000/000: 255 (of 279)

00000/0: 58 (of 69)

000000: 1:06:39

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Seniorinnen 5 (TW 60)

00000: 3(of 4)

0000000: 1:26:37

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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	12:52	25:44	1	-	44	5:06	0.50	12:52	25:44	1	-	44	5:06
Wechsel S -> R	-	3:47	-	3	0:56	53	2:05	0.50	16:39	33:17	5	0:13	50	6:43
Schwimmen 000	0.50	16:39	33:17	5	0:13	50	6:43	0.50	16:39	33:17	5	0:13	50	6:43
Rad netto	20.00	42:57	2:08	3	2:50	48	7:50	20.50	59:36	2:54	5	2:49	70	14:12
Wechsel R -> L	-	1:03	-	1	-	31	0:25	20.50	1:00:39	2:57	5	1:54	70	14:17
Rad 000	20.00	44:00	2:12	2	1:55	48	7:55	20.50	1:00:39	2:57	5	1:54	70	14:17
Lauf Ziel	5.00	34:26	6:53	4	7:14	65	14:09	25.50	1:35:05	3:43	3	8:28	58	28:26