



17. Lorsch Triathlon

Lorsch / 21.08.2022

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Dorothee Dreizler

□□□: 1:20:02

□□: 93

□□: 25.50 km

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

□□□□□/□□□: 134 (of 279)

□□□□□/□: 17 (of 69)

□□□□□□: 1:06:39

□□□□:

weibliche AK 1 (TW 20)

□□□□□: 2(of 4)

□□□□□□□: 1:17:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	11:54	23:48	4	2:34	28	4:08	0.50	11:54	23:48	4	2:34	70	4:08
Wechsel S -> R	-	2:42	-	3	0:45	26	1:00	0.50	14:36	29:11	4	3:19	70	4:40
Schwimmen □□□	0.50	14:36	29:11	4	3:19	70	4:40	0.50	14:36	29:11	4	3:19	70	4:40
Rad netto	20.00	38:23	1:55	1	-	13	3:16	20.50	52:59	2:35	3	2:44	21	7:35
Wechsel R -> L	-	0:48	-	2	0:05	14	0:10	20.50	53:47	2:37	3	2:49	20	7:25
Rad □□□	20.00	39:11	1:57	1	-	10	3:06	20.50	53:47	2:37	3	2:49	20	7:25
Lauf Ziel	5.00	26:15	5:15	1	-	28	5:58	25.50	1:20:02	3:08	2	2:07	17	13:23