



# 17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Nele Langer

000: 1:21:14

00: 94

00: 25.50 km

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

00000/000: 147 (of 279)

00000/0: 20 (of 69)

000000: 1:06:39

0000:

weibliche AK 1 (TW 20)

00000: 3(of 4)

0000000: 1:17:55

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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	9:48	19:36	2	0:28	12	2:02	0.50	9:48	19:36	2	0:28	70	2:02
Wechsel S -> R	-	2:35	-	2	0:38	20	0:53	0.50	12:23	24:45	2	1:06	70	2:27
Schwimmen 000	0.50	12:23	24:45	2	1:06	70	2:27	0.50	12:23	24:45	2	1:06	70	2:27
Rad netto	20.00	39:44	1:59	3	1:21	30	4:37	20.50	52:07	2:32	2	1:52	18	6:43
Wechsel R -> L	-	0:49	-	3	0:06	16	0:11	20.50	52:56	2:34	2	1:58	16	6:34
Rad 000	20.00	40:33	2:01	3	1:22	26	4:28	20.50	52:56	2:34	2	1:58	16	6:34
Lauf Ziel	5.00	28:18	5:39	4	2:03	43	8:01	25.50	1:21:14	3:11	3	3:19	20	14:35