



17. Lorsche Triathlon

Lorsch / 21.08.2022

0000

Julia Hölzel

000: 1:34:53

00: 158

00: 25.50 km

Lorsche Triathlon 0,5-20,0-5,0

0000:

weibliche AK 2 (TW 25)

00000/000: 254 (of 279)

00000/0: 57 (of 69)

000000: 1:06:39

00000: 9(of 9)

0000000: 1:12:32

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	13:23	26:45	9	5:37	57	5:37	0.50	13:23	26:45	9	5:37	57	5:37
Wechsel S -> R	-	2:20	-	4	0:30	12	0:38	0.50	15:43	31:26	8	5:47	40	5:47
Schwimmen 000	0.50	15:43	31:26	8	5:47	40	5:47	0.50	15:43	31:26	8	5:47	40	5:47
Rad netto	20.00	46:58	2:20	9	10:11	62	11:51	20.50	1:02:41	3:03	9	15:01	70	17:17
Wechsel R -> L	-	0:52	-	5	0:13	22	0:14	20.50	1:03:33	3:05	9	14:12	70	17:11
Rad 000	20.00	47:50	2:23	9	10:16	62	11:45	20.50	1:03:33	3:05	9	14:12	70	17:11
Lauf Ziel	5.00	31:20	6:15	8	8:35	57	11:03	25.50	1:34:53	3:43	9	22:21	57	28:14