



17. Lorsch Triathlon

Lorsch / 21.08.2022

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Christine Arnold

000: 1:21:11

00: 96

00: 25.50 km

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

00000/000: 146 (of 279)

00000/0: 19 (of 69)

000000: 1:06:39

0000:

weibliche AK 4 (TW 35)

00000: 3(of 7)

0000000: 1:14:15

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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	11:30	23:00	3	2:30	20	3:44	0.50	11:30	23:00	3	2:30	70	3:44
Wechsel S -> R	-	2:23	-	1	-	13	0:41	0.50	13:53	27:45	3	2:22	70	3:57
Schwimmen 000	0.50	13:53	27:45	3	2:22	70	3:57	0.50	13:53	27:45	3	2:22	70	3:57
Rad netto	20.00	38:54	1:56	1	-	17	3:47	20.50	52:47	2:34	3	2:11	20	7:23
Wechsel R -> L	-	0:47	-	2	0:01	9	0:09	20.50	53:34	2:36	3	2:05	19	7:12
Rad 000	20.00	39:41	1:59	1	-	17	3:36	20.50	53:34	2:36	3	2:05	19	7:12
Lauf Ziel	5.00	27:37	5:31	4	5:47	37	7:20	25.50	1:21:11	3:11	3	6:56	19	14:32