



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Linda Kolbenschlag

000: 1:27:42

00: 97

00: 25.50 km

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

00000/000: 210 (of 279)

00000/0: 44 (of 69)

000000: 1:06:39

0000:

weibliche AK 4 (TW 35)

00000: 5(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	12:01	24:02	4	3:01	31	4:15	0.50	12:01	24:02	4	3:01	70	4:15
Wechsel S -> R	-	2:24	-	2	0:01	14	0:42	0.50	14:25	28:49	4	2:54	70	4:29
Schwimmen 000	0.50	14:25	28:49	4	2:54	70	4:29	0.50	14:25	28:49	4	2:54	70	4:29
Rad netto	20.00	42:27	2:07	5	3:33	45	7:20	20.50	56:52	2:46	5	6:16	39	11:28
Wechsel R -> L	-	0:50	-	3	0:04	17	0:12	20.50	57:42	2:48	5	6:13	38	11:20
Rad 000	20.00	43:17	2:09	5	3:36	41	7:12	20.50	57:42	2:48	5	6:13	38	11:20
Lauf Ziel	5.00	30:00	6:00	6	8:10	49	9:43	25.50	1:27:42	3:26	5	13:27	44	21:03