



17. Lorsch Triathlon

Lorsch / 21.08.2022

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Ramona Kaufmann

000: 1:29:25

00: 258

00: 25.50 km

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

00000/000: 219 (of 279)

00000/0: 48 (of 69)

000000: 1:06:39

0000:

weibliche AK 4 (TW 35)

00000: 6(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	12:50	25:40	5	3:50	43	5:04	0.50	12:50	25:40	8	3:50	70	5:04
Wechsel S -> R	-	3:09	-	6	0:46	42	1:27	0.50	15:59	31:57	8	4:28	70	6:03
Schwimmen 000	0.50	15:59	31:57	8	4:28	70	6:03	0.50	15:59	31:57	8	4:28	70	6:03
Rad netto	20.00	44:36	2:13	7	5:42	53	9:29	20.50	1:00:35	2:57	8	9:59	70	15:11
Wechsel R -> L	-	0:59	-	6	0:13	29	0:21	20.50	1:01:34	3:00	8	10:05	70	15:12
Rad 000	20.00	45:35	2:16	7	5:54	54	9:30	20.50	1:01:34	3:00	8	10:05	70	15:12
Lauf Ziel	5.00	27:51	5:34	5	6:01	39	7:34	25.50	1:29:25	3:30	6	15:10	48	22:46