



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Lena Jürchott

000: 1:38:06

00: SV Lindenhof

00: 80

00: 25.50 km

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

00000/000: 262 (of 279)

00000/0: 60 (of 69)

000000: 1:06:39

0000:

weibliche AK 4 (TW 35)

00000: 7(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	13:21	26:41	7	4:21	56	5:35	0.50	13:21	26:41	7	4:21	70	5:35
Wechsel S -> R	-	4:23	-	7	2:00	63	2:41	0.50	17:44	35:28	7	6:13	70	7:48
Schwimmen 000	0.50	17:44	35:28	7	6:13	70	7:48	0.50	17:44	35:28	7	6:13	70	7:48
Rad netto	20.00	43:32	2:10	6	4:38	52	8:25	20.50	1:01:16	2:59	7	10:40	53	15:52
Wechsel R -> L	-	1:47	-	7	1:01	62	1:09	20.50	1:03:03	3:04	7	11:34	56	16:41
Rad 000	20.00	45:19	2:15	6	5:38	52	9:14	20.50	1:03:03	3:04	7	11:34	56	16:41
Lauf Ziel	5.00	35:03	7:00	7	13:13	66	14:46	25.50	1:38:06	3:50	7	23:51	60	31:27