



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

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Power Moms

000: 1:25:28

00: 405

00: 25.50 km

Triathlonstaffel

00000: 34 (of 42)

000000: 58:28

0000:

Damen-Staffel

00000: 5(of 6)

0000000: 1:13:39

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen nett	0.50	11:21	22:41	2	3:04	20	4:16	0.50	11:21	22:41	2	3:04	20	4:16
Wechsel S -> R	-	1:28	-	2	0:03	14	0:19	0.50	12:49	25:37	3	2:41	21	4:27
Schwimmen 000	0.50	12:49	25:37	3	2:41	21	4:27	0.50	12:49	25:37	3	2:41	21	4:27
Rad netto	20.00	42:39	2:07	5	6:00	37	13:03	20.50	55:28	2:42	5	6:03	33	17:04
Wechsel R -> L	-	0:34	-	3	0:02	26	0:10	20.50	56:02	2:44	5	6:04	33	17:05
Rad 000	20.00	43:13	2:09	5	6:01	37	13:04	20.50	56:02	2:44	5	6:04	33	17:05
Lauf	5.00	29:26	5:53	5	6:53	33	14:03	25.50	1:25:28	3:21	5	11:49	34	27:00