



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Johanna Bieneck

000: 1:13:31

00: 273

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 90 (of 343)

00000/0: 8 (of 81)

000000: 1:05:08

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Seniorinnen 1 (TW 40)

00000: 3(of 10)

0000000: 1:05:08

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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	10:04	20:07	2	1:14	16	7:04	0.50	10:04	20:07	11	1:14	82	7:04
Wechsel S -> R	-	2:17	-	4	0:45	12	2:17	0.50	12:21	24:41	11	1:59	82	11:56
Schwimmen 000	0.50	12:21	24:41	11	1:59	82	11:56	0.50	12:21	24:41	11	1:59	82	11:56
Rad netto	20.00	38:36	1:55	5	4:35	18	4:35	20.50	50:57	2:29	11	6:34	82	10:12
Wechsel R -> L	-	0:59	-	7	0:10	30	0:26	20.50	51:56	2:31	11	6:35	82	9:18
Rad 000	20.00	39:35	1:58	5	4:36	18	4:36	20.50	51:56	2:31	11	6:35	82	9:18
Lauf Ziel	5.00	21:35	4:18	2	1:48	7	21:35	25.50	1:13:31	2:52	3	8:23	8	8:23