



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Catrin Braun

000: 1:19:39

00: TSG Wiesloch

00: 105

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 162 (of 343)

00000/0: 21 (of 81)

000000: 1:05:08

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Seniorinnen 1 (TW 40)

00000: 5(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	11:07	22:14	3	2:17	27	8:07	0.50	11:07	22:14	3	2:17	27	8:07
Wechsel S -> R	-	2:34	-	5	1:02	23	2:34	0.50	13:41	27:22	5	3:19	26	13:16
Schwimmen 000	0.50	13:41	27:22	5	3:19	26	13:16	0.50	13:41	27:22	5	3:19	26	13:16
Rad netto	20.00	37:57	1:53	3	3:56	14	3:56	20.50	51:38	2:31	5	7:15	17	10:53
Wechsel R -> L	-	1:28	-	9	0:39	60	0:55	20.50	53:06	2:35	5	7:45	19	10:28
Rad 000	20.00	39:25	1:58	4	4:26	16	4:26	20.50	53:06	2:35	5	7:45	19	10:28
Lauf Ziel	5.00	26:33	5:18	7	6:46	35	26:33	25.50	1:19:39	3:07	5	14:31	21	14:31