



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Birte Perner

000: 1:23:37

00: 101

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 202 (of 343)

00000/0: 31 (of 81)

000000: 1:05:08

0000:

Seniorinnen 1 (TW 40)

00000: 6(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	12:42	25:23	6	3:52	54	9:42	0.50	12:42	25:23	6	3:52	54	9:42
Wechsel S -> R	-	2:39	-	6	1:07	27	2:39	0.50	15:21	30:41	6	4:59	43	14:56
Schwimmen 000	0.50	15:21	30:41	6	4:59	43	14:56	0.50	15:21	30:41	6	4:59	43	14:56
Rad netto	20.00	42:05	2:06	6	8:04	45	8:04	20.50	57:26	2:48	6	13:03	47	16:41
Wechsel R -> L	-	0:49	-	1	-	11	0:16	20.50	58:15	2:50	6	12:54	43	15:37
Rad 000	20.00	42:54	2:08	6	7:55	41	7:55	20.50	58:15	2:50	6	12:54	43	15:37
Lauf Ziel	5.00	25:22	5:04	6	5:35	25	25:22	25.50	1:23:37	3:16	6	18:29	31	18:29