



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

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Jessica Göttel

000: 1:25:47

00: 340

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 234 (of 343)

00000/0: 42 (of 81)

000000: 1:05:08

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Seniorinnen 1 (TW 40)

00000: 7(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	15:04	30:07	9	6:14	76	12:04	0.50	15:04	30:07	11	6:14	82	12:04
Wechsel S -> R	-	3:20	-	8	1:48	57	3:20	0.50	18:24	36:47	11	8:02	82	17:59
Schwimmen 000	0.50	18:24	36:47	11	8:02	82	17:59	0.50	18:24	36:47	11	8:02	82	17:59
Rad netto	20.00	44:11	2:12	7	10:10	61	10:10	20.50	1:02:35	3:03	11	18:12	82	21:50
Wechsel R -> L	-	1:05	-	8	0:16	38	0:32	20.50	1:03:40	3:06	11	18:19	82	21:02
Rad 000	20.00	45:16	2:15	7	10:17	61	10:17	20.50	1:03:40	3:06	11	18:19	82	21:02
Lauf Ziel	5.00	22:07	4:25	3	2:20	8	22:07	25.50	1:25:47	3:21	7	20:39	42	20:39