



18 Lorscher Triathlon

Lorsch / 13.08.2023

□□□□

Anaid May

□□□: 1:17:44

□□: MTG Mannheim Triathlon

□□: 86

□□: 25.50 km

□□□□□/□□□: 138 (of 343)

Lorscher Triathlon 0,5-20,5,0

□□□□□/□: 17 (of 81)

□□□□□□: 1:05:08

□□□□:

□□□□□: 1(of 11)

Seniorinnen 2 (TW 45)

□□□□□□□: 1:17:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	11:14	22:27	6	8:14	30	8:14	0.50	11:14	22:27	6	8:14	30	8:14
Wechsel S -> R	-	2:39	-	4	2:39	27	2:39	0.50	13:53	27:45	5	13:28	31	13:28
Schwimmen □□□	0.50	13:53	27:45	5	13:28	31	13:28	0.50	13:53	27:45	5	13:28	31	13:28
Rad netto	20.00	41:25	2:04	7	4:03	41	7:24	20.50	55:18	2:41	4	14:33	29	14:33
Wechsel R -> L	-	1:10	-	6	0:19	45	0:37	20.50	56:28	2:45	4	13:50	31	13:50
Rad □□□	20.00	42:35	2:07	5	3:25	36	7:36	20.50	56:28	2:45	4	13:50	31	13:50
Lauf Ziel	5.00	21:16	4:15	1	-	5	21:16	25.50	1:17:44	3:02	1	-	17	12:36