



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Anke Haag

000: 1:21:53

00: 378

00: 25.50 km

Lorsche Triathlon 0,5-20,5,0

00000/000: 185 (of 343)

00000/0: 25 (of 81)

000000: 1:05:08

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Seniorinnen 2 (TW 45)

00000: 3(of 11)

0000000: 1:17:44

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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	11:04	22:07	5	8:04	25	8:04	0.50	11:04	22:07	12	8:04	82	8:04
Wechsel S -> R	-	2:34	-	3	2:34	23	2:34	0.50	13:38	27:15	12	13:13	82	13:13
Schwimmen 000	0.50	13:38	27:15	12	13:13	82	13:13	0.50	13:38	27:15	12	13:13	82	13:13
Rad netto	20.00	42:13	2:06	8	4:51	46	8:12	20.50	55:51	2:43	12	15:06	82	15:06
Wechsel R -> L	-	1:15	-	7	0:24	48	0:42	20.50	57:06	2:47	12	14:28	82	14:28
Rad 000	20.00	43:28	2:10	8	4:18	49	8:29	20.50	57:06	2:47	12	14:28	82	14:28
Lauf Ziel	5.00	24:47	4:57	3	3:31	18	24:47	25.50	1:21:53	3:12	3	4:09	25	16:45