



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Iracema Braun

000: 1:22:30

00: 55

00: 25.50 km

Lorsche Triathlon 0,5-20,5,0

00000/000: 188 (of 343)

00000/0: 26 (of 81)

000000: 1:05:08

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Seniorinnen 2 (TW 45)

00000: 4(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	10:27	20:53	3	7:27	19	7:27	0.50	10:27	20:53	3	7:27	19	7:27
Wechsel S -> R	-	2:50	-	5	2:50	42	2:50	0.50	13:17	26:33	3	12:52	22	12:52
Schwimmen 000	0.50	13:17	26:33	3	12:52	22	12:52	0.50	13:17	26:33	3	12:52	22	12:52
Rad netto	20.00	40:57	2:02	4	3:35	31	6:56	20.50	54:14	2:38	3	13:29	26	13:29
Wechsel R -> L	-	0:59	-	2	0:08	30	0:26	20.50	55:13	2:41	3	12:35	24	12:35
Rad 000	20.00	41:56	2:05	3	2:46	31	6:57	20.50	55:13	2:41	3	12:35	24	12:35
Lauf Ziel	5.00	27:17	5:27	6	6:01	43	27:17	25.50	1:22:30	3:14	4	4:46	26	17:22