



18 Lorsche Triathlon

Lorsch / 13.08.2023

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Undine Vittinghoff

□□□: 1:23:32

□□: DJK SSG Bensheim

□□: 331

□□: 25.50 km

Lorsch Triathlon 0,5-20,5,0

□□□□□/□□□: 201 (of 343)

□□□□□/□: 30 (of 81)

□□□□□□: 1:05:08

□□□□:

Seniorinnen 2 (TW 45)

□□□□□: 6(of 11)

□□□□□□□: 1:17:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	10:35	21:10	4	7:35	20	7:35	0.50	10:35	21:10	12	7:35	82	7:35
Wechsel S -> R	-	3:22	-	8	3:22	59	3:22	0.50	13:57	27:53	12	13:32	82	13:32
Schwimmen □□□	0.50	13:57	27:53	12	13:32	82	13:32	0.50	13:57	27:53	12	13:32	82	13:32
Rad netto	20.00	42:57	2:08	9	5:35	54	8:56	20.50	56:54	2:46	12	16:09	82	16:09
Wechsel R -> L	-	1:03	-	4	0:12	35	0:30	20.50	57:57	2:49	12	15:19	82	15:19
Rad □□□	20.00	44:00	2:12	9	4:50	52	9:01	20.50	57:57	2:49	12	15:19	82	15:19
Lauf Ziel	5.00	25:35	5:06	4	4:19	30	25:35	25.50	1:23:32	3:16	6	5:48	30	18:24