



# 18 Lorsch Triathlon

Lorsch / 13.08.2023

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Miriam Ochsenreiter

000: 1:28:19

00: 56

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 263 (of 343)

00000/0: 51 (of 81)

000000: 1:05:08

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Seniorinnen 2 (TW 45)

00000: 10(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	12:00	24:00	7	9:00	38	9:00	0.50	12:00	24:00	7	9:00	38	9:00
Wechsel S -> R	-	3:23	-	9	3:23	60	3:23	0.50	15:23	30:45	8	14:58	44	14:58
Schwimmen 000	0.50	15:23	30:45	8	14:58	44	14:58	0.50	15:23	30:45	8	14:58	44	14:58
Rad netto	20.00	44:15	2:12	11	6:53	62	10:14	20.50	59:38	2:54	11	18:53	59	18:53
Wechsel R -> L	-	0:51	-	1	-	15	0:18	20.50	1:00:29	2:57	11	17:51	54	17:51
Rad 000	20.00	45:06	2:15	10	5:56	58	10:07	20.50	1:00:29	2:57	11	17:51	54	17:51
Lauf Ziel	5.00	27:50	5:33	8	6:34	49	27:50	25.50	1:28:19	3:27	10	10:35	51	23:11