



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Esther Knoche

000: 1:16:55

00: 93

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 129 (of 343)

00000/0: 15 (of 81)

000000: 1:05:08

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Seniorinnen 3 (TW 50)

00000: 1(of 11)

0000000: 1:16:55

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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	9:46	19:32	1	-	9	6:46	0.50	9:46	19:32	1	-	9	6:46
Wechsel S -> R	-	3:17	-	6	0:50	56	3:17	0.50	13:03	26:06	12	0:04	18	12:38
Schwimmen 000	0.50	13:03	26:06	12	0:04	18	12:38	0.50	13:03	26:06	12	0:04	18	12:38
Rad netto	20.00	37:20	1:52	1	-	7	3:19	20.50	50:23	2:27	1	-	10	9:38
Wechsel R -> L	-	1:02	-	3	0:20	33	0:29	20.50	51:25	2:30	1	-	11	8:47
Rad 000	20.00	38:22	1:55	1	-	9	3:23	20.50	51:25	2:30	1	-	11	8:47
Lauf Ziel	5.00	25:30	5:05	3	0:02	29	25:30	25.50	1:16:55	3:00	1	-	15	11:47