



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Anja Dreiss

000: 1:29:03

00: 91

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 271 (of 343)

00000/0: 53 (of 81)

000000: 1:05:08

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Seniorinnen 3 (TW 50)

00000: 7(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	14:34	29:07	9	4:48	75	11:34	0.50	14:34	29:07	9	4:48	75	11:34
Wechsel S -> R	-	2:48	-	3	0:21	38	2:48	0.50	17:22	34:44	12	4:23	65	16:57
Schwimmen 000	0.50	17:22	34:44	12	4:23	65	16:57	0.50	17:22	34:44	12	4:23	65	16:57
Rad netto	20.00	41:24	2:04	7	4:04	39	7:23	20.50	58:46	2:52	7	8:23	53	18:01
Wechsel R -> L	-	1:16	-	7	0:34	49	0:43	20.50	1:00:02	2:55	7	8:37	53	17:24
Rad 000	20.00	42:40	2:07	7	4:18	38	7:41	20.50	1:00:02	2:55	7	8:37	53	17:24
Lauf Ziel	5.00	29:01	5:48	8	3:33	57	29:01	25.50	1:29:03	3:29	7	12:08	53	23:55