



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Tanja Linn

000: 1:29:10

00: 77

00: 25.50 km

Lorsche Triathlon 0,5-20,5,0

00000/000: 272 (of 343)

00000/0: 54 (of 81)

000000: 1:05:08

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Seniorinnen 3 (TW 50)

00000: 8(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	11:26	22:52	3	1:40	34	8:26	0.50	11:26	22:52	3	1:40	34	8:26
Wechsel S -> R	-	4:08	-	10	1:41	75	4:08	0.50	15:34	31:07	12	2:35	47	15:09
Schwimmen 000	0.50	15:34	31:07	12	2:35	47	15:09	0.50	15:34	31:07	12	2:35	47	15:09
Rad netto	20.00	40:57	2:02	5	3:37	31	6:56	20.50	56:31	2:45	5	6:08	37	15:46
Wechsel R -> L	-	1:23	-	8	0:41	58	0:50	20.50	57:54	2:49	5	6:29	39	15:16
Rad 000	20.00	42:20	2:07	6	3:58	34	7:21	20.50	57:54	2:49	5	6:29	39	15:16
Lauf Ziel	5.00	31:16	6:15	10	5:48	67	31:16	25.50	1:29:10	3:29	8	12:15	54	24:02