



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Ina Silke Hauser

000: 1:32:35

00: LCO Edenkoben

00: 89

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 295 (of 343)

00000/0: 64 (of 81)

000000: 1:05:08

0000:

Seniorinnen 3 (TW 50)

00000: 10(of 11)

0000000: 1:16:55

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0000

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	13:11	26:22	6	3:25	58	10:11	0.50	13:11	26:22	6	3:25	58	10:11
Wechsel S -> R	-	3:27	-	8	1:00	62	3:27	0.50	16:38	33:15	12	3:39	60	16:13
Schwimmen 000	0.50	16:38	33:15	12	3:39	60	16:13	0.50	16:38	33:15	12	3:39	60	16:13
Rad netto	20.00	42:25	2:07	9	5:05	50	8:24	20.50	59:03	2:52	8	8:40	56	18:18
Wechsel R -> L	-	2:24	-	11	1:42	81	1:51	20.50	1:01:27	2:59	9	10:02	61	18:49
Rad 000	20.00	44:49	2:14	9	6:27	57	9:50	20.50	1:01:27	2:59	9	10:02	61	18:49
Lauf Ziel	5.00	31:08	6:13	9	5:40	65	31:08	25.50	1:32:35	3:37	10	15:40	64	27:27