



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Anke Schiefelbein

000: 1:33:36

00: 345

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 299 (of 343)

00000/0: 67 (of 81)

000000: 1:05:08

0000:

Seniorinnen 3 (TW 50)

00000: 11(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	14:22	28:44	8	4:36	71	11:22	0.50	14:22	28:44	12	4:36	82	11:22
Wechsel S -> R	-	3:43	-	9	1:16	67	3:43	0.50	18:05	36:09	9	5:06	82	17:40
Schwimmen 000	0.50	18:05	36:09	9	5:06	82	17:40	0.50	18:05	36:09	9	5:06	82	17:40
Rad netto	20.00	46:27	2:19	11	9:07	71	12:26	20.50	1:04:32	3:08	12	14:09	82	23:47
Wechsel R -> L	-	1:03	-	4	0:21	35	0:30	20.50	1:05:35	3:11	12	14:10	82	22:57
Rad 000	20.00	47:30	2:22	11	9:08	71	12:31	20.50	1:05:35	3:11	12	14:10	82	22:57
Lauf Ziel	5.00	28:01	5:36	7	2:33	52	28:01	25.50	1:33:36	3:40	11	16:41	67	28:28