



18 Lorsche Triathlon

Lorsch / 13.08.2023

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Jaqueline Brooks

□□□: 1:17:44

□□: 66

□□: 25.50 km

Lorsch Triathlon 0,5-20,5,0

□□□□□/□□□: 139 (of 343)

□□□□□/□: 17 (of 81)

□□□□□□: 1:05:08

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Seniorinnen 4 (TW 55)

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□□□□□□□: 1:17:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	9:26	18:52	1	-	6	6:26	0.50	9:26	18:52	1	-	6	6:26
Wechsel S -> R	-	2:12	-	1	-	10	2:12	0.50	11:38	23:15	1	-	7	11:13
Schwimmen □□□	0.50	11:38	23:15	1	-	7	11:13	0.50	11:38	23:15	1	-	7	11:13
Rad netto	20.00	40:03	2:00	1	-	25	6:02	20.50	51:41	2:31	1	-	18	10:56
Wechsel R -> L	-	0:56	-	1	-	26	0:23	20.50	52:37	2:34	1	-	17	9:59
Rad □□□	20.00	40:59	2:02	1	-	23	6:00	20.50	52:37	2:34	1	-	17	9:59
Lauf Ziel	5.00	25:07	5:01	1	-	22	25:07	25.50	1:17:44	3:02	1	-	17	12:36