



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Heike Fluck

000: 1:24:41

00: Monnem vorne

00: 64

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 219 (of 343)

00000/0: 38 (of 81)

000000: 1:05:08

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Seniorinnen 4 (TW 55)

00000: 2(of 4)

0000000: 1:17:44

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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	11:19	22:37	3	1:53	32	8:19	0.50	11:19	22:37	3	1:53	32	8:19
Wechsel S -> R	-	2:56	-	3	0:44	45	2:56	0.50	14:15	28:30	3	2:37	35	13:50
Schwimmen 000	0.50	14:15	28:30	3	2:37	35	13:50	0.50	14:15	28:30	3	2:37	35	13:50
Rad netto	20.00	42:17	2:06	2	2:14	47	8:16	20.50	56:32	2:45	2	4:51	38	15:47
Wechsel R -> L	-	1:07	-	2	0:11	41	0:34	20.50	57:39	2:48	2	5:02	38	15:01
Rad 000	20.00	43:24	2:10	2	2:25	48	8:25	20.50	57:39	2:48	2	5:02	38	15:01
Lauf Ziel	5.00	27:02	5:24	2	1:55	38	27:02	25.50	1:24:41	3:19	2	6:57	38	19:33