



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Birgit Schillinger

000: 1:15:22

00: Oftersheim/Schwetzingen

00: 349

00: 25.50 km

Lorsche Triathlon 0,5-20,5,0

00000/000: 106 (of 343)

00000/0: 10 (of 81)

000000: 1:05:08

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Seniorinnen 5 (TW 60)

00000: 1(of 4)

0000000: 1:15:22

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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	1	-	32	8:19	0.50	11:19	22:37	1	-	32	8:19
Wechsel S -> R	-	2:41	-	1	-	30	2:41	0.50	14:00	28:00	1	-	82	13:35
Schwimmen 000	0.50	14:00	28:00	1	-	82	13:35	0.50	14:00	28:00	1	-	82	13:35
Rad netto	20.00	37:28	1:52	1	-	11	3:27	20.50	51:28	2:30	1	-	15	10:43
Wechsel R -> L	-	1:06	-	1	-	39	0:33	20.50	52:34	2:33	1	-	82	9:56
Rad 000	20.00	38:34	1:55	1	-	10	3:35	20.50	52:34	2:33	1	-	82	9:56
Lauf Ziel	5.00	22:48	4:33	1	-	12	22:48	25.50	1:15:22	2:57	1	-	10	10:14