



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Elke Rettig

000: 1:36:58

00: 76

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 321 (of 343)

00000/0: 74 (of 81)

000000: 1:05:08

0000:

Seniorinnen 5 (TW 60)

00000: 4(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	12:40	25:19	3	1:21	52	9:40	0.50	12:40	25:19	5	1:21	52	9:40
Wechsel S -> R	-	3:52	-	4	1:11	70	3:52	0.50	16:32	33:04	5	2:32	59	16:07
Schwimmen 000	0.50	16:32	33:04	5	2:32	59	16:07	0.50	16:32	33:04	5	2:32	59	16:07
Rad netto	20.00	42:52	2:08	3	5:24	52	8:51	20.50	59:24	2:53	5	7:56	57	18:39
Wechsel R -> L	-	1:06	-	1	-	39	0:33	20.50	1:00:30	2:57	5	7:56	55	17:52
Rad 000	20.00	43:58	2:11	3	5:24	51	8:59	20.50	1:00:30	2:57	5	7:56	55	17:52
Lauf Ziel	5.00	36:28	7:17	4	13:40	78	36:28	25.50	1:36:58	3:48	4	21:36	74	31:50