



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Selina Vöpel

000: 1:25:57

00: Ludwigshafener SV 07

00: 321

00: 25.50 km

Lorsche Triathlon 0,5-20,5,0

00000/000: 237 (of 343)

00000/0: 43 (of 81)

000000: 1:05:08

0000:

weibliche AK 1 (TW 20)

00000: 3(of 7)

0000000: 1:17:38

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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	10:54	21:48	2	1:21	22	7:54	0.50	10:54	21:48	8	1:21	82	7:54
Wechsel S -> R	-	2:18	-	1	-	14	2:18	0.50	13:12	26:23	8	1:21	20	12:47
Schwimmen 000	0.50	13:12	26:23	8	1:21	20	12:47	0.50	13:12	26:23	8	1:21	20	12:47
Rad netto	20.00	41:13	2:03	3	2:41	35	7:12	20.50	54:25	2:39	8	3:42	82	13:40
Wechsel R -> L	-	1:16	-	6	0:41	49	0:43	20.50	55:41	2:42	8	4:04	82	13:03
Rad 000	20.00	42:29	2:07	3	3:04	35	7:30	20.50	55:41	2:42	8	4:04	82	13:03
Lauf Ziel	5.00	30:16	6:03	7	30:16	63	30:16	25.50	1:25:57	3:22	3	8:19	43	20:49