



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Hannah Lea Kraus

000: 1:26:20

00: 102

00: 25.50 km

Lorsche Triathlon 0,5-20,5,0

0000:

weibliche AK 1 (TW 20)

00000/000: 243 (of 343)

00000/0: 44 (of 81)

000000: 1:05:08

00000: 4(of 7)

0000000: 1:17:38

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	12:41	25:22	4	3:08	53	9:41	0.50	12:41	25:22	8	3:08	53	9:41	
Wechsel S -> R	-	3:24	-	6	1:06	61	3:24	0.50	16:05	32:09	8	4:14	55	15:40	
Schwimmen 000	0.50	16:05	32:09	8	4:14	55	15:40	0.50	16:05	32:09	8	4:14	55	15:40	
Rad netto	20.00	44:25	2:13	5	5:53	63	10:24	20.50	1:00:30	2:57	8	9:47	62	19:45	
Wechsel R -> L	-	0:51	-	3	0:16	15	0:18	20.50	1:01:21	2:59	8	9:44	60	18:43	
Rad 000	20.00	45:16	2:15	5	5:51	60	10:17	20.50	1:01:21	2:59	8	9:44	60	18:43	
Lauf Ziel	5.00	24:59	4:59	3	24:59	20	24:59	25.50	1:26:20	3:23	4	8:42	44	21:12	