



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Marie Oehlenschläger

000: 1:30:43

00: 84

00: 25.50 km

Lorsche Triathlon 0,5-20,5,0

0000:

weibliche AK 1 (TW 20)

00000/000: 282 (of 343)

00000/0: 56 (of 81)

000000: 1:05:08

00000: 5(of 7)

0000000: 1:17:38

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000

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	16:04	32:07	7	6:31	79	13:04	0.50	16:04	32:07	8	6:31	79	13:04	
Wechsel S -> R	-	2:44	-	5	0:26	35	2:44	0.50	18:48	37:36	8	6:57	76	18:23	
Schwimmen 000	0.50	18:48	37:36	8	6:57	76	18:23	0.50	18:48	37:36	8	6:57	76	18:23	
Rad netto	20.00	43:32	2:10	4	5:00	57	9:31	20.50	1:02:20	3:02	8	11:37	64	21:35	
Wechsel R -> L	-	0:35	-	1	-	3	0:02	20.50	1:02:55	3:04	8	11:18	63	20:17	
Rad 000	20.00	44:07	2:12	4	4:42	53	9:08	20.50	1:02:55	3:04	8	11:18	63	20:17	
Lauf Ziel	5.00	27:48	5:33	5	27:48	47	27:48	25.50	1:30:43	3:33	5	13:05	56	25:35	