



18 Lorsch Triathlon

Lorsch / 13.08.2023

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Emely Kleinert

□□□: 1:33:56

□□: 303

□□: 25.50 km

Lorsch Triathlon 0,5-20,5,0

□□□□□/□□□: 302 (of 343)

□□□□□/□: 68 (of 81)

□□□□□□: 1:05:08

□□□□:

weibliche AK 1 (TW 20)

□□□□□: 6(of 7)

□□□□□□□: 1:17:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	13:34	27:07	5	4:01	64	10:34	0.50	13:34	27:07	8	4:01	82	10:34
Wechsel S -> R	-	2:37	-	4	0:19	26	2:37	0.50	16:11	32:22	8	4:20	82	15:46
Schwimmen □□□	0.50	16:11	32:22	8	4:20	82	15:46	0.50	16:11	32:22	8	4:20	82	15:46
Rad netto	20.00	47:12	2:21	6	8:40	74	13:11	20.50	1:03:23	3:05	8	12:40	82	22:38
Wechsel R -> L	-	0:50	-	2	0:15	13	0:17	20.50	1:04:13	3:07	8	12:36	82	21:35
Rad □□□	20.00	48:02	2:24	6	8:37	73	13:03	20.50	1:04:13	3:07	8	12:36	82	21:35
Lauf Ziel	5.00	29:43	5:56	6	29:43	60	29:43	25.50	1:33:56	3:41	6	16:18	68	28:48