



18 Lorsch Triathlon

Lorsch / 13.08.2023

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Victoria Bendt

□□□: 1:16:33

□□: 238

□□: 25.50 km

Lorsch Triathlon 0,5-20,5,0

□□□□□/□□□: 125 (of 343)

□□□□□/□: 14 (of 81)

□□□□□□: 1:05:08

□□□□:

weibliche AK 3 (TW 30)

□□□□□: 3(of 10)

□□□□□□□: 1:05:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	12:06	24:11	6	3:01	42	9:06	0.50	12:06	24:11	11	3:01	42	9:06
Wechsel S -> R	-	2:33	-	3	1:05	22	2:33	0.50	14:39	29:18	11	3:57	82	14:14
Schwimmen □□□	0.50	14:39	29:18	11	3:57	82	14:14	0.50	14:39	29:18	11	3:57	82	14:14
Rad netto	20.00	37:29	1:52	3	3:04	12	3:28	20.50	52:08	2:32	11	6:50	82	11:23
Wechsel R -> L	-	1:37	-	7	0:51	66	1:04	20.50	53:45	2:37	11	7:31	82	11:07
Rad □□□	20.00	39:06	1:57	3	3:54	12	4:07	20.50	53:45	2:37	11	7:31	82	11:07
Lauf Ziel	5.00	22:48	4:33	3	3:24	12	22:48	25.50	1:16:33	3:00	3	10:44	14	11:25