



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Ines Bertlich

000: 1:25:07

00: 65

00: 25.50 km

Lorsche Triathlon 0,5-20,5,0

00000/000: 224 (of 343)

00000/0: 40 (of 81)

000000: 1:05:08

0000:

weibliche AK 3 (TW 30)

00000: 8(of 10)

0000000: 1:05:49

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	12:35	25:10	8	3:30	49	9:35	0.50	12:35	25:10	11	3:30	49	9:35
Wechsel S -> R	-	3:49	-	9	2:21	68	3:49	0.50	16:24	32:47	11	5:42	57	15:59
Schwimmen 000	0.50	16:24	32:47	11	5:42	57	15:59	0.50	16:24	32:47	11	5:42	57	15:59
Rad netto	20.00	41:08	2:03	5	6:43	33	7:07	20.50	57:32	2:48	11	12:14	49	16:47
Wechsel R -> L	-	1:12	-	6	0:26	47	0:39	20.50	58:44	2:51	11	12:30	47	16:06
Rad 000	20.00	42:20	2:07	5	7:08	33	7:21	20.50	58:44	2:51	11	12:30	47	16:06
Lauf Ziel	5.00	26:23	5:16	7	6:59	34	26:23	25.50	1:25:07	3:20	8	19:18	40	19:59