



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Valerie Husemann

000: 1:36:57

00: 351

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 320 (of 343)

00000/0: 73 (of 81)

000000: 1:05:08

0000:

weibliche AK 3 (TW 30)

00000: 10(of 10)

0000000: 1:05:49

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| 000 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 000 | 000 | 000 | 00 | 00 | 00 | 00 |
|----------------|-------|-------|--------|----|-------|----|-------|-------|---------|--------|----|-------|----|-------|
| | km | 00 | min/km | - | - | 0 | 0 | km | 00 | min/km | - | - | 0 | 0 |
| Schwimmen nett | 0.50 | 14:13 | 28:26 | 10 | 5:08 | 69 | 11:13 | 0.50 | 14:13 | 28:26 | 11 | 5:08 | 82 | 11:13 |
| Wechsel S -> R | - | 3:50 | - | 10 | 2:22 | 69 | 3:50 | 0.50 | 18:03 | 36:06 | 11 | 7:21 | 82 | 17:38 |
| Schwimmen 000 | 0.50 | 18:03 | 36:06 | 11 | 7:21 | 82 | 17:38 | 0.50 | 18:03 | 36:06 | 11 | 7:21 | 82 | 17:38 |
| Rad netto | 20.00 | 50:56 | 2:32 | 10 | 16:31 | 78 | 16:55 | 20.50 | 1:08:59 | 3:21 | 11 | 23:41 | 82 | 28:14 |
| Wechsel R -> L | - | 0:54 | - | 4 | 0:08 | 21 | 0:21 | 20.50 | 1:09:53 | 3:24 | 11 | 23:39 | 82 | 27:15 |
| Rad 000 | 20.00 | 51:50 | 2:35 | 10 | 16:38 | 78 | 16:51 | 20.50 | 1:09:53 | 3:24 | 11 | 23:39 | 82 | 27:15 |
| Lauf Ziel | 5.00 | 27:04 | 5:24 | 8 | 7:40 | 41 | 27:04 | 25.50 | 1:36:57 | 3:48 | 10 | 31:08 | 73 | 31:49 |