



# 18 Lorsch Triathlon

Lorsch / 13.08.2023

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Eva-Maria Lechner

□□□: 1:24:22

□□: 96

□□: 25.50 km

Lorsch Triathlon 0,5-20,5,0

□□□□□/□□□: 215 (of 343)

□□□□□/□: 36 (of 81)

□□□□□□: 1:05:08

□□□□:

weibliche AK 4 (TW 35)

□□□□□: 4(of 8)

□□□□□□□: 1:15:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	11:57	23:53	5	1:57	37	8:57	0.50	11:57	23:53	9	1:57	37	8:57
Wechsel S -> R	-	2:49	-	6	0:54	40	2:49	0.50	14:46	29:32	9	2:25	39	14:21
Schwimmen □□□	0.50	14:46	29:32	9	2:25	39	14:21	0.50	14:46	29:32	9	2:25	39	14:21
Rad netto	20.00	41:48	2:05	4	4:57	43	7:47	20.50	56:34	2:45	9	7:22	39	15:49
Wechsel R -> L	-	0:52	-	3	0:18	18	0:19	20.50	57:26	2:48	9	6:55	34	14:48
Rad □□□	20.00	42:40	2:07	4	4:30	37	7:41	20.50	57:26	2:48	9	6:55	34	14:48
Lauf Ziel	5.00	26:56	5:23	4	2:06	37	26:56	25.50	1:24:22	3:18	4	8:33	36	19:14