



18 Lorsche Triathlon

Lorsch / 13.08.2023

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Linda Kolbenschlager

000: 1:30:03

00: 59

00: 25.50 km

Lorsche Triathlon 0,5-20,5,0

00000/000: 277 (of 343)

00000/0: 55 (of 81)

000000: 1:05:08

0000:

weibliche AK 4 (TW 35)

00000: 6(of 8)

0000000: 1:15:49

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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	12:00	24:00	6	2:00	38	9:00	0.50	12:00	24:00	9	2:00	38	9:00
Wechsel S -> R	-	2:06	-	2	0:11	9	2:06	0.50	14:06	28:11	9	1:45	34	13:41
Schwimmen 000	0.50	14:06	28:11	9	1:45	34	13:41	0.50	14:06	28:11	9	1:45	34	13:41
Rad netto	20.00	43:15	2:09	6	6:24	56	9:14	20.50	57:21	2:47	9	8:09	46	16:36
Wechsel R -> L	-	0:40	-	2	0:06	5	0:07	20.50	58:01	2:49	9	7:30	41	15:23
Rad 000	20.00	43:55	2:11	6	5:45	50	8:56	20.50	58:01	2:49	9	7:30	41	15:23
Lauf Ziel	5.00	32:02	6:24	7	7:12	70	32:02	25.50	1:30:03	3:31	6	14:14	55	24:55