



18 Lorsch Triathlon

Lorsch / 13.08.2023

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Agnes Tryjanowski

□□□: 1:33:16

□□: DSW Darmstadt

□□: 58

□□: 25.50 km

Lorsch Triathlon 0,5-20,5,0

□□□□□/□□□: 298 (of 343)

□□□□□/□: 66 (of 81)

□□□□□□: 1:05:08

□□□□:

weibliche AK 4 (TW 35)

□□□□□: 8(of 8)

□□□□□□□: 1:15:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	12:02	24:03	7	2:02	41	9:02	0.50	12:02	24:03	9	2:02	41	9:02
Wechsel S -> R	-	2:49	-	6	0:54	40	2:49	0.50	14:51	29:41	9	2:30	40	14:26
Schwimmen □□□	0.50	14:51	29:41	9	2:30	40	14:26	0.50	14:51	29:41	9	2:30	40	14:26
Rad netto	20.00	44:06	2:12	8	7:15	59	10:05	20.50	58:57	2:52	9	9:45	54	18:12
Wechsel R -> L	-	1:33	-	7	0:59	64	1:00	20.50	1:00:30	2:57	9	9:59	55	17:52
Rad □□□	20.00	45:39	2:16	7	7:29	62	10:40	20.50	1:00:30	2:57	9	9:59	55	17:52
Lauf Ziel	5.00	32:46	6:33	8	7:56	73	32:46	25.50	1:33:16	3:39	8	17:27	66	28:08