



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Birte Perner

000: 1:17:26

00: ASG Hockenheim

00: 95

00: 25.50 km

Lorsch Triathlon

00000/000: 143 (of 354)

00000/0: 19 (of 100)

000000: 1:02:58

0000:

Seniorinnen 1 (TW 40)

00000: 4(of 12)

0000000: 1:11:10

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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	10:44	21:27	3	0:55	28	3:42	0.50	10:44	21:27	13	0:55	101	3:42
Wechsel S -> R	-	2:21	-	5	0:44	17	0:50	0.50	13:05	26:10	13	0:59	23	3:42
Schwimmen 000	0.50	13:05	26:10	13	0:59	23	3:42	0.50	13:05	26:10	13	0:59	23	3:42
Rad netto	20.00	39:40	1:58	5	2:20	31	36:51	20.50	52:45	2:34	13	3:19	25	38:12
Wechsel R -> L	-	0:50	-	4	0:06	25	0:16	20.50	53:35	2:36	13	3:11	22	9:20
Rad 000	20.00	40:30	2:01	5	2:12	26	5:38	20.50	53:35	2:36	13	3:11	22	9:20
Lauf Ziel	5.00	23:51	4:46	4	3:05	22	8:21	25.50	1:17:26	3:02	4	6:16	19	14:28