



19. Lorsch Triathlon

Lorsch / 18.08.2024

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Claudia Holzhauser

000: 1:27:54

00: RV 03 Bürstadt

00: 124

00: 25.50 km

Lorsch Triathlon

00000/000: 279 (of 354)

00000/0: 65 (of 100)

000000: 1:02:58

0000:

Seniorinnen 1 (TW 40)

00000: 9(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	11:21	22:41	4	1:32	33	4:19	0.50	11:21	22:41	13	1:32	101	4:19
Wechsel S -> R	-	2:35	-	6	0:58	28	1:04	0.50	13:56	27:52	13	1:50	101	4:33
Schwimmen 000	0.50	13:56	27:52	13	1:50	101	4:33	0.50	13:56	27:52	13	1:50	101	4:33
Rad netto	20.00	45:04	2:15	10	7:44	80	42:15	20.50	59:00	2:52	13	9:34	101	44:27
Wechsel R -> L	-	1:23	-	9	0:39	66	0:49	20.50	1:00:23	2:56	13	9:59	101	16:08
Rad 000	20.00	46:27	2:19	10	8:09	80	11:35	20.50	1:00:23	2:56	13	9:59	101	16:08
Lauf Ziel	5.00	27:31	5:30	8	6:45	62	12:01	25.50	1:27:54	3:26	9	16:44	65	24:56