



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Agnes Tryjanowski

000: 1:29:01

00: 354

00: 25.50 km

Lorsch Triathlon

00000/000: 287 (of 354)

00000/0: 68 (of 100)

000000: 1:02:58

0000:

Seniorinnen 1 (TW 40)

00000: 10(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	11:27	22:53	5	1:38	36	4:25	0.50	11:27	22:53	5	1:38	101	4:25
Wechsel S -> R	-	2:55	-	9	1:18	48	1:24	0.50	14:22	28:44	7	2:16	101	4:59
Schwimmen 000	0.50	14:22	28:44	7	2:16	101	4:59	0.50	14:22	28:44	7	2:16	101	4:59
Rad netto	20.00	43:28	2:10	9	6:08	67	40:39	20.50	57:50	2:49	9	8:24	101	43:17
Wechsel R -> L	-	1:24	-	10	0:40	67	0:50	20.50	59:14	2:53	9	8:50	101	14:59
Rad 000	20.00	44:52	2:14	9	6:34	66	10:00	20.50	59:14	2:53	9	8:50	101	14:59
Lauf Ziel	5.00	29:47	5:57	12	9:01	81	14:17	25.50	1:29:01	3:29	10	17:51	68	26:03