



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Claudia Fritzsche

000: 1:34:19

00: 97

00: 25.50 km

Lorsch Triathlon

00000/000: 318 (of 354)

00000/0: 85 (of 100)

000000: 1:02:58

0000:

Seniorinnen 1 (TW 40)

00000: 11(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	12:42	25:23	9	2:53	70	5:40	0.50	12:42	25:23	13	2:53	101	5:40
Wechsel S -> R	-	3:57	-	11	2:20	79	2:26	0.50	16:39	33:17	13	4:33	79	7:16
Schwimmen 000	0.50	16:39	33:17	13	4:33	79	7:16	0.50	16:39	33:17	13	4:33	79	7:16
Rad netto	20.00	46:53	2:20	11	9:33	86	44:04	20.50	1:03:32	3:05	13	14:06	85	48:59
Wechsel R -> L	-	1:27	-	11	0:43	72	0:53	20.50	1:04:59	3:10	13	14:35	83	20:44
Rad 000	20.00	48:20	2:25	11	10:02	87	13:28	20.50	1:04:59	3:10	13	14:35	83	20:44
Lauf Ziel	5.00	29:20	5:51	11	8:34	78	13:50	25.50	1:34:19	3:41	11	23:09	85	31:21