



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

## Nanna Spirgath

000: 1:17:12

00: bergziegenHD

00: 81

00: 25.50 km

Lorsch Triathlon

00000/000: 141 (of 354)

00000/0: 17 (of 100)

000000: 1:02:58

0000:

Seniorinnen 2 (TW 45)

00000: 3(of 12)

0000000: 1:05:09

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	10:26	20:52	6	1:37	23	3:24	0.50	10:26	20:52	6	1:37	101	3:24
Wechsel S -> R	-	3:19	-	10	1:48	64	1:48	0.50	13:45	27:30	6	3:25	28	4:22
Schwimmen 000	0.50	13:45	27:30	6	3:25	28	4:22	0.50	13:45	27:30	6	3:25	28	4:22
Rad netto	20.00	39:33	1:58	6	4:52	30	36:44	20.50	53:18	2:35	6	8:17	30	38:45
Wechsel R -> L	-	1:32	-	9	0:46	77	0:58	20.50	54:50	2:40	6	8:47	28	10:35
Rad 000	20.00	41:05	2:03	6	5:22	32	6:13	20.50	54:50	2:40	6	8:47	28	10:35
Lauf Ziel	5.00	22:22	4:28	2	3:16	8	6:52	25.50	1:17:12	3:01	3	12:03	17	14:14