



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Anja Röder

000: 1:20:43

00: 71

00: 25.50 km

Lorsch Triathlon

00000/000: 189 (of 354)

00000/0: 28 (of 100)

000000: 1:02:58

0000:

Seniorinnen 2 (TW 45)

00000: 6(of 12)

0000000: 1:05:09

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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	12:39	25:18	10	3:50	69	5:37	0.50	12:39	25:18	10	3:50	101	5:37
Wechsel S -> R	-	2:19	-	3	0:48	16	0:48	0.50	14:58	29:56	7	4:38	47	5:35
Schwimmen 000	0.50	14:58	29:56	7	4:38	47	5:35	0.50	14:58	29:56	7	4:38	47	5:35
Rad netto	20.00	39:19	1:57	5	4:38	29	36:30	20.50	54:17	2:38	8	9:16	38	39:44
Wechsel R -> L	-	0:46	-	1	-	12	0:12	20.50	55:03	2:41	7	9:00	31	10:48
Rad 000	20.00	40:05	2:00	4	4:22	23	5:13	20.50	55:03	2:41	7	9:00	31	10:48
Lauf Ziel	5.00	25:40	5:08	6	6:34	43	10:10	25.50	1:20:43	3:09	6	15:34	28	17:45