



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Claudia Ranz

000: 1:21:13

00: 112

00: 25.50 km

Lorsch Triathlon

00000/000: 198 (of 354)

00000/0: 32 (of 100)

000000: 1:02:58

0000:

Seniorinnen 2 (TW 45)

00000: 7(of 12)

0000000: 1:05:09

0000

0000

000

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	12:01	24:02	7	3:12	51	4:59	0.50	12:01	24:02	13	3:12	101	4:59
Wechsel S -> R	-	3:01	-	8	1:30	55	1:30	0.50	15:02	30:03	13	4:42	101	5:39
Schwimmen 000	0.50	15:02	30:03	13	4:42	101	5:39	0.50	15:02	30:03	13	4:42	101	5:39
Rad netto	20.00	39:03	1:57	4	4:22	23	36:14	20.50	54:05	2:38	13	9:04	101	39:32
Wechsel R -> L	-	1:41	-	10	0:55	87	1:07	20.50	55:46	2:43	13	9:43	101	11:31
Rad 000	20.00	40:44	2:02	5	5:01	27	5:52	20.50	55:46	2:43	13	9:43	101	11:31
Lauf Ziel	5.00	25:27	5:05	5	6:21	35	9:57	25.50	1:21:13	3:11	7	16:04	32	18:15