



19. Lorsch Triathlon

Lorsch / 18.08.2024

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Nicole Nepputh

000: 1:21:40

00: 117

00: 25.50 km

Lorsch Triathlon

00000/000: 201 (of 354)

00000/0: 34 (of 100)

000000: 1:02:58

0000:

Seniorinnen 2 (TW 45)

00000: 8(of 12)

0000000: 1:05:09

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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	10:25	20:49	5	1:36	22	3:23	0.50	10:25	20:49	13	1:36	101	3:23
Wechsel S -> R	-	2:34	-	4	1:03	27	1:03	0.50	12:59	25:57	13	2:39	101	3:36
Schwimmen 000	0.50	12:59	25:57	13	2:39	101	3:36	0.50	12:59	25:57	13	2:39	101	3:36
Rad netto	20.00	37:17	1:51	3	2:36	12	34:28	20.50	50:16	2:27	13	5:15	101	35:43
Wechsel R -> L	-	1:16	-	6	0:30	56	0:42	20.50	51:32	2:30	13	5:29	101	7:17
Rad 000	20.00	38:33	1:55	3	2:50	13	3:41	20.50	51:32	2:30	13	5:29	101	7:17
Lauf Ziel	5.00	30:08	6:01	11	11:02	84	14:38	25.50	1:21:40	3:12	8	16:31	34	18:42