



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Orpha Tank

000: 1:31:19

00: 73

00: 25.50 km

Lorsch Triathlon

00000/000: 302 (of 354)

00000/0: 78 (of 100)

000000: 1:02:58

0000:

Seniorinnen 2 (TW 45)

00000: 11(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	12:38	25:15	9	3:49	68	5:36	0.50	12:38	25:15	9	3:49	101	5:36
Wechsel S -> R	-	2:48	-	7	1:17	41	1:17	0.50	15:26	30:52	9	5:06	54	6:03
Schwimmen 000	0.50	15:26	30:52	9	5:06	54	6:03	0.50	15:26	30:52	9	5:06	54	6:03
Rad netto	20.00	41:59	2:05	9	7:18	55	39:10	20.50	57:25	2:48	9	12:24	52	42:52
Wechsel R -> L	-	1:04	-	4	0:18	40	0:30	20.50	58:29	2:51	9	12:26	51	14:14
Rad 000	20.00	43:03	2:09	9	7:20	52	8:11	20.50	58:29	2:51	9	12:26	51	14:14
Lauf Ziel	5.00	32:50	6:34	12	13:44	90	17:20	25.50	1:31:19	3:34	11	26:10	78	28:21