



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Julia Götz

000: 1:32:57

00: 104

00: 25.50 km

Lorsch Triathlon

00000/000: 311 (of 354)

00000/0: 82 (of 100)

000000: 1:02:58

0000:

Seniorinnen 2 (TW 45)

00000: 12(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	13:01	26:02	11	4:12	79	5:59	0.50	13:01	26:02	11	4:12	101	5:59
Wechsel S -> R	-	4:12	-	12	2:41	84	2:41	0.50	17:13	34:25	12	6:53	83	7:50
Schwimmen 000	0.50	17:13	34:25	12	6:53	83	7:50	0.50	17:13	34:25	12	6:53	83	7:50
Rad netto	20.00	44:02	2:12	12	9:21	68	41:13	20.50	1:01:15	2:59	12	16:14	80	46:42
Wechsel R -> L	-	1:44	-	11	0:58	89	1:10	20.50	1:02:59	3:04	12	16:56	78	18:44
Rad 000	20.00	45:46	2:17	12	10:03	74	10:54	20.50	1:02:59	3:04	12	16:56	78	18:44
Lauf Ziel	5.00	29:58	5:59	10	10:52	82	14:28	25.50	1:32:57	3:38	12	27:48	82	29:59