



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Sabine Link

000: 1:21:55

00: 213

00: 25.50 km

Lorsch Triathlon

00000/000: 203 (of 354)

00000/0: 36 (of 100)

000000: 1:02:58

0000:

Seniorinnen 3 (TW 50)

00000: 3(of 9)

0000000: 1:15:57

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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	11:31	23:02	4	0:50	41	4:29	0.50	11:31	23:02	10	0:50	101	4:29
Wechsel S -> R	-	3:18	-	7	0:45	63	1:47	0.50	14:49	29:37	10	1:18	44	5:26
Schwimmen 000	0.50	14:49	29:37	10	1:18	44	5:26	0.50	14:49	29:37	10	1:18	44	5:26
Rad netto	20.00	38:27	1:55	3	2:10	19	35:38	20.50	53:16	2:35	10	2:58	101	38:43
Wechsel R -> L	-	1:35	-	6	0:50	81	1:01	20.50	54:51	2:40	10	2:59	101	10:36
Rad 000	20.00	40:02	2:00	3	2:11	21	5:10	20.50	54:51	2:40	10	2:59	101	10:36
Lauf Ziel	5.00	27:04	5:24	6	4:13	57	11:34	25.50	1:21:55	3:12	3	5:58	36	18:57