



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Mirja Staehr

000: 1:22:21

00: 72

00: 25.50 km

Lorsch Triathlon

00000/000: 210 (of 354)

00000/0: 39 (of 100)

000000: 1:02:58

0000:

Seniorinnen 3 (TW 50)

00000: 4(of 9)

0000000: 1:15:57

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	11:30	23:00	3	0:49	40	4:28	0.50	11:30	23:00	3	0:49	101	4:28
Wechsel S -> R	-	2:38	-	2	0:05	31	1:07	0.50	14:08	28:15	3	0:37	34	4:45
Schwimmen 000	0.50	14:08	28:15	3	0:37	34	4:45	0.50	14:08	28:15	3	0:37	34	4:45
Rad netto	20.00	39:49	1:59	5	3:32	36	37:00	20.50	53:57	2:37	10	3:39	32	39:24
Wechsel R -> L	-	1:43	-	9	0:58	88	1:09	20.50	55:40	2:42	10	3:48	37	11:25
Rad 000	20.00	41:32	2:04	5	3:41	36	6:40	20.50	55:40	2:42	10	3:48	37	11:25
Lauf Ziel	5.00	26:41	5:20	5	3:50	53	11:11	25.50	1:22:21	3:13	4	6:24	39	19:23