



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Sandra Krämer

000: 1:23:22

00: 56

00: 25.50 km

Lorsch Triathlon

00000/000: 222 (of 354)

00000/0: 43 (of 100)

000000: 1:02:58

0000:

Seniorinnen 3 (TW 50)

00000: 5(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	11:56	23:52	5	1:15	48	4:54	0.50	11:56	23:52	5	1:15	101	4:54
Wechsel S -> R	-	2:40	-	3	0:07	33	1:09	0.50	14:36	29:11	4	1:05	42	5:13
Schwimmen 000	0.50	14:36	29:11	4	1:05	42	5:13	0.50	14:36	29:11	4	1:05	42	5:13
Rad netto	20.00	39:48	1:59	4	3:31	35	36:59	20.50	54:24	2:39	10	4:06	41	39:51
Wechsel R -> L	-	1:14	-	3	0:29	53	0:40	20.50	55:38	2:42	10	3:46	36	11:23
Rad 000	20.00	41:02	2:03	4	3:11	30	6:10	20.50	55:38	2:42	10	3:46	36	11:23
Lauf Ziel	5.00	27:44	5:32	8	4:53	66	12:14	25.50	1:23:22	3:16	5	7:25	43	20:24