



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Cora Schwebel-Kottke

000: 1:32:55

00: 96

00: 25.50 km

Lorsch Triathlon

00000/000: 310 (of 354)

00000/0: 81 (of 100)

000000: 1:02:58

0000:

Seniorinnen 3 (TW 50)

00000: 8(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	12:05	24:10	6	1:24	55	5:03	0.50	12:05	24:10	6	1:24	101	5:03
Wechsel S -> R	-	4:33	-	8	2:00	90	3:02	0.50	16:38	33:15	7	3:07	78	7:15
Schwimmen 000	0.50	16:38	33:15	7	3:07	78	7:15	0.50	16:38	33:15	7	3:07	78	7:15
Rad netto	20.00	46:53	2:20	8	10:36	86	44:04	20.50	1:03:31	3:05	10	13:13	84	48:58
Wechsel R -> L	-	1:28	-	4	0:43	73	0:54	20.50	1:04:59	3:10	10	13:07	83	20:44
Rad 000	20.00	48:21	2:25	8	10:30	88	13:29	20.50	1:04:59	3:10	10	13:07	83	20:44
Lauf Ziel	5.00	27:56	5:35	9	5:05	68	12:26	25.50	1:32:55	3:38	8	16:58	81	29:57