



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

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**Katja Janson**

000: 1:36:59

00: SSG Bensheim

00: 431

00: 25.50 km

Lorsch Triathlon

00000/000: 330 (of 354)

00000/0: 90 (of 100)

000000: 1:02:58

0000:

Seniorinnen 3 (TW 50)

00000: 9(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	12:50	25:40	7	2:09	73	5:48	0.50	12:50	25:40	10	2:09	73	5:48
Wechsel S -> R	-	5:27	-	9	2:54	96	3:56	0.50	18:17	36:34	10	4:46	101	8:54
Schwimmen 000	0.50	18:17	36:34	10	4:46	101	8:54	0.50	18:17	36:34	10	4:46	101	8:54
Rad netto	20.00	49:25	2:28	9	13:08	96	46:36	20.50	1:07:42	3:18	10	17:24	101	53:09
Wechsel R -> L	-	1:36	-	7	0:51	82	1:02	20.50	1:09:18	3:22	10	17:26	101	25:03
Rad 000	20.00	51:01	2:33	9	13:10	95	16:09	20.50	1:09:18	3:22	10	17:26	101	25:03
Lauf Ziel	5.00	27:41	5:32	7	4:50	65	12:11	25.50	1:36:59	3:48	9	21:02	90	34:01