



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Birgit Knoll

000: 1:25:00

00: 61

00: 25.50 km

Lorsch Triathlon

00000/000: 245 (of 354)

00000/0: 52 (of 100)

000000: 1:02:58

0000:

Seniorinnen 4 (TW 55)

00000: 3(of 7)

0000000: 1:14:37

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	12:00	24:00	4	2:39	50	4:58	0.50	12:00	24:00	4	2:39	101	4:58
Wechsel S -> R	-	2:33	-	3	0:20	23	1:02	0.50	14:33	29:06	3	2:49	40	5:10
Schwimmen 000	0.50	14:33	29:06	3	2:49	40	5:10	0.50	14:33	29:06	3	2:49	40	5:10
Rad netto	20.00	40:59	2:02	3	38:10	47	38:10	20.50	55:32	2:42	3	40:59	45	40:59
Wechsel R -> L	-	1:52	-	6	0:45	92	1:18	20.50	57:24	2:47	8	5:16	47	13:09
Rad 000	20.00	42:51	2:08	2	2:50	51	7:59	20.50	57:24	2:47	8	5:16	47	13:09
Lauf Ziel	5.00	27:36	5:31	4	5:07	63	12:06	25.50	1:25:00	3:20	3	10:23	52	22:02