



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Jutta Gemeinhardt

000: 1:33:58

00: 82

00: 25.50 km

Lorsch Triathlon

00000/000: 316 (of 354)

00000/0: 84 (of 100)

000000: 1:02:58

0000:

Seniorinnen 4 (TW 55)

00000: 6(of 7)

0000000: 1:14:37

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	12:31	25:02	5	3:10	65	5:29	0.50	12:31	25:02	5	3:10	101	5:29
Wechsel S -> R	-	6:09	-	7	3:56	99	4:38	0.50	18:40	37:20	6	6:56	91	9:17
Schwimmen 000	0.50	18:40	37:20	6	6:56	91	9:17	0.50	18:40	37:20	6	6:56	91	9:17
Rad netto	20.00	44:38	2:13	6	41:49	76	41:49	20.50	1:03:18	3:05	6	48:45	83	48:45
Wechsel R -> L	-	1:07	-	1	-	46	0:33	20.50	1:04:25	3:08	8	12:17	81	20:10
Rad 000	20.00	45:45	2:17	5	5:44	72	10:53	20.50	1:04:25	3:08	8	12:17	81	20:10
Lauf Ziel	5.00	29:33	5:54	5	7:04	79	14:03	25.50	1:33:58	3:41	6	19:21	84	31:00