



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Beate Eitel

000: 1:44:35

00: 355

00: 25.50 km

Lorsch Triathlon

00000/000: 347 (of 354)

00000/0: 98 (of 100)

000000: 1:02:58

0000:

Seniorinnen 4 (TW 55)

00000: 7(of 7)

0000000: 1:14:37

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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	15:02	30:03	7	5:41	95	8:00	0.50	15:02	30:03	8	5:41	101	8:00
Wechsel S -> R	-	4:46	-	6	2:33	91	3:15	0.50	19:48	39:36	8	8:04	101	10:25
Schwimmen 000	0.50	19:48	39:36	8	8:04	101	10:25	0.50	19:48	39:36	8	8:04	101	10:25
Rad netto	20.00	46:42	2:20	7	43:53	84	43:53	20.50	1:06:30	3:14	8	51:57	101	51:57
Wechsel R -> L	-	1:14	-	2	0:07	53	0:40	20.50	1:07:44	3:18	7	15:36	101	23:29
Rad 000	20.00	47:56	2:23	6	7:55	84	13:04	20.50	1:07:44	3:18	7	15:36	101	23:29
Lauf Ziel	5.00	36:51	7:22	7	14:22	98	21:21	25.50	1:44:35	4:06	7	29:58	98	41:37