



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Gaby Stein Hollmann

000: 1:30:57

00: 83

00: 25.50 km

Lorsch Triathlon

00000/000: 297 (of 354)

00000/0: 73 (of 100)

000000: 1:02:58

0000:

Seniorinnen 5 (TW 60)

00000: 2(of 7)

0000000: 1:18:52

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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	16:29	32:58	7	4:45	100	9:27	0.50	16:29	32:58	8	4:45	101	9:27
Wechsel S -> R	-	4:22	-	4	1:23	86	2:51	0.50	20:51	41:42	8	5:48	100	11:28
Schwimmen 000	0.50	20:51	41:42	8	5:48	100	11:28	0.50	20:51	41:42	8	5:48	100	11:28
Rad netto	20.00	53:19	2:39	7	15:05	100	50:30	20.50	1:14:10	3:37	8	20:53	100	59:37
Wechsel R -> L	-	1:17	-	5	0:19	57	0:43	20.50	1:15:27	3:40	8	20:57	100	31:12
Rad 000	20.00	54:36	2:43	7	15:09	100	19:44	20.50	1:15:27	3:40	8	20:57	100	31:12
Lauf Ziel	5.00	15:30	3:06	1	-	1	-	25.50	1:30:57	3:34	2	12:05	73	27:59