



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Jutta Meusel

000: 1:36:39

00: DLRG Lorsch

00: 17

00: 25.50 km

Lorsch Triathlon

00000/000: 328 (of 354)

00000/0: 89 (of 100)

000000: 1:02:58

0000:

Seniorinnen 5 (TW 60)

00000: 3(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	14:42	29:23	5	2:58	94	7:40	0.50	14:42	29:23	8	2:58	101	7:40
Wechsel S -> R	-	2:59	-	1	-	50	1:28	0.50	17:41	35:22	8	2:38	101	8:18
Schwimmen 000	0.50	17:41	35:22	8	2:38	101	8:18	0.50	17:41	35:22	8	2:38	101	8:18
Rad netto	20.00	44:40	2:14	2	6:26	77	41:51	20.50	1:02:21	3:02	8	9:04	101	47:48
Wechsel R -> L	-	2:45	-	7	1:47	98	2:11	20.50	1:05:06	3:10	8	10:36	101	20:51
Rad 000	20.00	47:25	2:22	2	7:58	82	12:33	20.50	1:05:06	3:10	8	10:36	101	20:51
Lauf Ziel	5.00	31:33	6:18	4	16:03	88	16:03	25.50	1:36:39	3:47	3	17:47	89	33:41