



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Monica Koch

000: 1:39:22

00: 78

00: 25.50 km

Lorsch Triathlon

00000/000: 339 (of 354)

00000/0: 94 (of 100)

000000: 1:02:58

0000:

Seniorinnen 5 (TW 60)

00000: 4(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	14:23	28:45	4	2:39	91	7:21	0.50	14:23	28:45	8	2:39	101	7:21
Wechsel S -> R	-	5:21	-	6	2:22	95	3:50	0.50	19:44	39:28	8	4:41	97	10:21
Schwimmen 000	0.50	19:44	39:28	8	4:41	97	10:21	0.50	19:44	39:28	8	4:41	97	10:21
Rad netto	20.00	51:18	2:33	5	13:04	98	48:29	20.50	1:11:02	3:27	8	17:45	98	56:29
Wechsel R -> L	-	0:58	-	1	-	31	0:24	20.50	1:12:00	3:30	8	17:30	98	27:45
Rad 000	20.00	52:16	2:36	5	12:49	97	17:24	20.50	1:12:00	3:30	8	17:30	98	27:45
Lauf Ziel	5.00	27:22	5:28	3	11:52	60	11:52	25.50	1:39:22	3:53	4	20:30	94	36:24