



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Ute Weis

000: 1:52:35

00: 64

00: 25.50 km

Lorsch Triathlon

00000/000: 351 (of 354)

00000/0: 100 (of 100)

000000: 1:02:58

0000:

Seniorinnen 5 (TW 60)

00000: 7(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	15:08	30:15	6	3:24	97	8:06	0.50	15:08	30:15	8	3:24	101	8:06
Wechsel S -> R	-	4:32	-	5	1:33	89	3:01	0.50	19:40	39:20	8	4:37	95	10:17
Schwimmen 000	0.50	19:40	39:20	8	4:37	95	10:17	0.50	19:40	39:20	8	4:37	95	10:17
Rad netto	20.00	49:23	2:28	3	11:09	95	46:34	20.50	1:09:03	3:22	8	15:46	97	54:30
Wechsel R -> L	-	1:37	-	6	0:39	83	1:03	20.50	1:10:40	3:26	8	16:10	97	26:25
Rad 000	20.00	51:00	2:32	4	11:33	94	16:08	20.50	1:10:40	3:26	8	16:10	97	26:25
Lauf Ziel	5.00	41:55	8:22	7	26:25	100	26:25	25.50	1:52:35	4:24	7	33:43	100	49:37