



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Lea Hechler

000: 1:20:21

00: 370

00: 25.50 km

Lorsch Triathlon

00000/000: 184 (of 354)

00000/0: 27 (of 100)

000000: 1:02:58

0000:

weibliche AK 1 (TW 20)

00000: 2(of 8)

0000000: 1:13:56

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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	7:36	15:11	1	-	2	0:34	0.50	7:36	15:11	1	-	101	0:34
Wechsel S -> R	-	3:21	-	3	1:11	66	1:50	0.50	10:57	21:53	1	-	101	1:34
Schwimmen 000	0.50	10:57	21:53	1	-	101	1:34	0.50	10:57	21:53	1	-	101	1:34
Rad netto	20.00	43:01	2:09	4	4:18	63	40:12	20.50	53:58	2:37	3	4:17	101	39:25
Wechsel R -> L	-	1:18	-	8	0:34	61	0:44	20.50	55:16	2:41	3	4:34	101	11:01
Rad 000	20.00	44:19	2:12	5	4:35	63	9:27	20.50	55:16	2:41	3	4:34	101	11:01
Lauf Ziel	5.00	25:05	5:00	2	1:51	30	9:35	25.50	1:20:21	3:09	2	6:25	27	17:23