



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Luisa Dietz

000: 1:26:55

00: 106

00: 25.50 km

Lorsch Triathlon

00000/000: 267 (of 354)

00000/0: 60 (of 100)

000000: 1:02:58

0000:

weibliche AK 1 (TW 20)

00000: 6(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	10:32	21:03	3	2:56	24	3:30	0.50	10:32	21:03	9	2:56	101	3:30
Wechsel S -> R	-	4:17	-	8	2:07	85	2:46	0.50	14:49	29:37	9	3:52	44	5:26
Schwimmen 000	0.50	14:49	29:37	9	3:52	44	5:26	0.50	14:49	29:37	9	3:52	44	5:26
Rad netto	20.00	44:50	2:14	6	6:07	78	42:01	20.50	59:39	2:54	9	9:58	69	45:06
Wechsel R -> L	-	1:05	-	5	0:21	41	0:31	20.50	1:00:44	2:57	9	10:02	67	16:29
Rad 000	20.00	45:55	2:17	7	6:11	76	11:03	20.50	1:00:44	2:57	9	10:02	67	16:29
Lauf Ziel	5.00	26:11	5:14	3	2:57	48	10:41	25.50	1:26:55	3:24	6	12:59	60	23:57