



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Vivien Holler

000: 1:24:49

00: 165

00: 25.50 km

Lorsch Triathlon

00000/000: 241 (of 354)

00000/0: 51 (of 100)

000000: 1:02:58

0000:

weibliche AK 2 (TW 25)

00000: 12(of 22)

0000000: 1:09:22

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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	12:23	24:45	13	4:36	62	5:21	0.50	12:23	24:45	23	4:36	101	5:21
Wechsel S -> R	-	3:08	-	15	1:08	59	1:37	0.50	15:31	31:02	23	5:43	61	6:08
Schwimmen 000	0.50	15:31	31:02	23	5:43	61	6:08	0.50	15:31	31:02	23	5:43	61	6:08
Rad netto	20.00	38:35	1:55	4	3:07	20	35:46	20.50	54:06	2:38	23	8:13	101	39:33
Wechsel R -> L	-	1:45	-	21	1:04	90	1:11	20.50	55:51	2:43	23	9:10	101	11:36
Rad 000	20.00	40:20	2:00	6	4:04	25	5:28	20.50	55:51	2:43	23	9:10	101	11:36
Lauf Ziel	5.00	28:58	5:47	15	7:16	76	13:28	25.50	1:24:49	3:19	12	15:27	51	21:51