



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Malin Topcu

000: 1:29:15

00: 343

00: 25.50 km

Lorsch Triathlon

00000/000: 288 (of 354)

00000/0: 69 (of 100)

000000: 1:02:58

0000:

weibliche AK 2 (TW 25)

00000: 15(of 22)

0000000: 1:09:22

0000

0000

000

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	11:34	23:07	7	3:47	43	4:32	0.50	11:34	23:07	23	3:47	101	4:32
Wechsel S -> R	-	2:53	-	11	0:53	46	1:22	0.50	14:27	28:53	23	4:39	101	5:04
Schwimmen 000	0.50	14:27	28:53	23	4:39	101	5:04	0.50	14:27	28:53	23	4:39	101	5:04
Rad netto	20.00	44:59	2:14	17	9:31	79	42:10	20.50	59:26	2:53	23	13:33	101	44:53
Wechsel R -> L	-	0:47	-	4	0:06	14	0:13	20.50	1:00:13	2:56	23	13:32	101	15:58
Rad 000	20.00	45:46	2:17	16	9:30	73	10:54	20.50	1:00:13	2:56	23	13:32	101	15:58
Lauf Ziel	5.00	29:02	5:48	16	7:20	77	13:32	25.50	1:29:15	3:30	15	19:53	69	26:17