



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Ines Nold

000: 1:32:00

00: 68

00: 25.50 km

Lorsch Triathlon

00000/000: 306 (of 354)

00000/0: 80 (of 100)

000000: 1:02:58

0000:

weibliche AK 2 (TW 25)

00000: 17(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	15:23	30:45	22	7:36	98	8:21	0.50	15:23	30:45	23	7:36	101	8:21
Wechsel S -> R	-	3:36	-	17	1:36	71	2:05	0.50	18:59	37:58	23	9:11	92	9:36
Schwimmen 000	0.50	18:59	37:58	23	9:11	92	9:36	0.50	18:59	37:58	23	9:11	92	9:36
Rad netto	20.00	47:13	2:21	19	11:45	89	44:24	20.50	1:06:12	3:13	23	20:19	92	51:39
Wechsel R -> L	-	0:50	-	7	0:09	25	0:16	20.50	1:07:02	3:16	23	20:21	90	22:47
Rad 000	20.00	48:03	2:24	18	11:47	85	13:11	20.50	1:07:02	3:16	23	20:21	90	22:47
Lauf Ziel	5.00	24:58	4:59	7	3:16	28	9:28	25.50	1:32:00	3:36	17	22:38	80	29:02