



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Finja Ruoff

000: 1:34:45

00: Böblingen

00: 86

00: 25.50 km

Lorsch Triathlon

00000/000: 321 (of 354)

00000/0: 87 (of 100)

000000: 1:02:58

0000:

00000: 18(of 22)

weibliche AK 2 (TW 25)

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	12:02	24:03	9	4:15	53	5:00	0.50	12:02	24:03	23	4:15	101	5:00
Wechsel S -> R	-	4:06	-	20	2:06	82	2:35	0.50	16:08	32:15	23	6:20	70	6:45
Schwimmen 000	0.50	16:08	32:15	23	6:20	70	6:45	0.50	16:08	32:15	23	6:20	70	6:45
Rad netto	20.00	44:21	2:13	15	8:53	72	41:32	20.50	1:00:29	2:57	23	14:36	73	45:56
Wechsel R -> L	-	1:17	-	13	0:36	57	0:43	20.50	1:01:46	3:00	23	15:05	73	17:31
Rad 000	20.00	45:38	2:16	15	9:22	71	10:46	20.50	1:01:46	3:00	23	15:05	73	17:31
Lauf Ziel	5.00	32:59	6:35	20	11:17	91	17:29	25.50	1:34:45	3:42	18	25:23	87	31:47