



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Julia Hölzel

000: 1:34:58

00: 172

00: 25.50 km

Lorsch Triathlon

00000/000: 322 (of 354)

00000/0: 88 (of 100)

000000: 1:02:58

0000:

weibliche AK 2 (TW 25)

00000: 19(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	13:17	26:33	18	5:30	85	6:15	0.50	13:17	26:33	23	5:30	101	6:15
Wechsel S -> R	-	2:24	-	3	0:24	19	0:53	0.50	15:41	31:22	23	5:53	101	6:18
Schwimmen 000	0.50	15:41	31:22	23	5:53	101	6:18	0.50	15:41	31:22	23	5:53	101	6:18
Rad netto	20.00	48:30	2:25	21	13:02	91	45:41	20.50	1:04:11	3:07	23	18:18	101	49:38
Wechsel R -> L	-	1:02	-	9	0:21	38	0:28	20.50	1:05:13	3:10	23	18:32	101	20:58
Rad 000	20.00	49:32	2:28	22	13:16	91	14:40	20.50	1:05:13	3:10	23	18:32	101	20:58
Lauf Ziel	5.00	29:45	5:57	17	8:03	80	14:15	25.50	1:34:58	3:43	19	25:36	88	32:00