



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Imke Klaus

000: 1:06:15

00: Kite IT

00: 36

00: 25.50 km

Lorsch Triathlon

00000/000: 23 (of 354)

00000/0: 3 (of 100)

000000: 1:02:58

0000:

weibliche AK 3 (TW 30)

00000: 1(of 10)

0000000: 1:06:15

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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	8:47	17:33	1	-	7	1:45	0.50	8:47	17:33	1	-	101	1:45
Wechsel S -> R	-	1:31	-	1	-	1	-	0.50	10:18	20:36	1	-	101	0:55
Schwimmen 000	0.50	10:18	20:36	1	-	101	0:55	0.50	10:18	20:36	1	-	101	0:55
Rad netto	20.00	35:26	1:46	1	-	4	32:37	20.50	45:44	2:13	1	-	101	31:11
Wechsel R -> L	-	0:34	-	1	-	1	-	20.50	46:18	2:15	1	-	101	2:03
Rad 000	20.00	36:00	1:48	1	-	3	1:08	20.50	46:18	2:15	1	-	101	2:03
Lauf Ziel	5.00	19:57	3:59	1	-	4	4:27	25.50	1:06:15	2:35	1	-	3	3:17