



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Ines Bertlich

000: 1:24:04

00: 62

00: 25.50 km

Lorsch Triathlon

00000/000: 230 (of 354)

00000/0: 46 (of 100)

000000: 1:02:58

0000:

weibliche AK 3 (TW 30)

00000: 4(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	12:45	25:30	9	3:58	72	5:43	0.50	12:45	25:30	11	3:58	101	5:43
Wechsel S -> R	-	3:00	-	5	1:29	52	1:29	0.50	15:45	31:30	11	5:27	66	6:22
Schwimmen 000	0.50	15:45	31:30	11	5:27	66	6:22	0.50	15:45	31:30	11	5:27	66	6:22
Rad netto	20.00	42:17	2:06	6	6:51	57	39:28	20.50	58:02	2:49	11	12:18	58	43:29
Wechsel R -> L	-	0:56	-	7	0:22	30	0:22	20.50	58:58	2:52	11	12:40	56	14:43
Rad 000	20.00	43:13	2:09	5	7:13	56	8:21	20.50	58:58	2:52	11	12:40	56	14:43
Lauf Ziel	5.00	25:06	5:01	3	5:09	31	9:36	25.50	1:24:04	3:17	4	17:49	46	21:06