



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Katharina Kälber

000: 1:27:22

00: 69

00: 25.50 km

Lorsch Triathlon

00000/000: 272 (of 354)

00000/0: 63 (of 100)

000000: 1:02:58

0000:

weibliche AK 3 (TW 30)

00000: 6(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	12:31	25:02	8	3:44	65	5:29	0.50	12:31	25:02	11	3:44	101	5:29
Wechsel S -> R	-	3:58	-	7	2:27	80	2:27	0.50	16:29	32:58	11	6:11	76	7:06
Schwimmen 000	0.50	16:29	32:58	11	6:11	76	7:06	0.50	16:29	32:58	11	6:11	76	7:06
Rad netto	20.00	44:19	2:12	7	8:53	71	41:30	20.50	1:00:48	2:57	11	15:04	75	46:15
Wechsel R -> L	-	0:48	-	4	0:14	16	0:14	20.50	1:01:36	3:00	11	15:18	70	17:21
Rad 000	20.00	45:07	2:15	7	9:07	68	10:15	20.50	1:01:36	3:00	11	15:18	70	17:21
Lauf Ziel	5.00	25:46	5:09	4	5:49	45	10:16	25.50	1:27:22	3:25	6	21:07	63	24:24