



19. Lorsch Triathlon

Lorsch / 18.08.2024

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Anna Schiebel

000: 1:30:25

00: 334

00: 25.50 km

Lorsch Triathlon

00000/000: 293 (of 354)

00000/0: 72 (of 100)

000000: 1:02:58

0000:

weibliche AK 3 (TW 30)

00000: 7(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	13:51	27:41	10	5:04	90	6:49	0.50	13:51	27:41	11	5:04	101	6:49
Wechsel S -> R	-	5:29	-	10	3:58	97	3:58	0.50	19:20	38:39	11	9:02	101	9:57
Schwimmen 000	0.50	19:20	38:39	11	9:02	101	9:57	0.50	19:20	38:39	11	9:02	101	9:57
Rad netto	20.00	41:09	2:03	5	5:43	49	38:20	20.50	1:00:29	2:57	11	14:45	73	45:56
Wechsel R -> L	-	3:07	-	10	2:33	99	2:33	20.50	1:03:36	3:06	11	17:18	101	19:21
Rad 000	20.00	44:16	2:12	6	8:16	61	9:24	20.50	1:03:36	3:06	11	17:18	101	19:21
Lauf Ziel	5.00	26:49	5:21	6	6:52	55	11:19	25.50	1:30:25	3:32	7	24:10	72	27:27