



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Rebecca Lang

000: 1:31:07

00: 50

00: 25.50 km

Lorsch Triathlon

00000/000: 299 (of 354)

00000/0: 75 (of 100)

000000: 1:02:58

0000:

weibliche AK 3 (TW 30)

00000: 8(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	11:24	22:48	5	2:37	34	4:22	0.50	11:24	22:48	5	2:37	101	4:22
Wechsel S -> R	-	3:34	-	6	2:03	70	2:03	0.50	14:58	29:56	4	4:40	47	5:35
Schwimmen 000	0.50	14:58	29:56	4	4:40	47	5:35	0.50	14:58	29:56	4	4:40	47	5:35
Rad netto	20.00	46:52	2:20	9	11:26	85	44:03	20.50	1:01:50	3:00	9	16:06	101	47:17
Wechsel R -> L	-	0:52	-	5	0:18	27	0:18	20.50	1:02:42	3:03	8	16:24	101	18:27
Rad 000	20.00	47:44	2:23	9	11:44	83	12:52	20.50	1:02:42	3:03	8	16:24	101	18:27
Lauf Ziel	5.00	28:25	5:41	7	8:28	70	12:55	25.50	1:31:07	3:34	8	24:52	75	28:09