



19. Lorsch Triathlon

Lorsch / 18.08.2024

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Denise Rossmann

□□□: 1:31:17

□□: 85

□□: 25.50 km

Lorsch Triathlon

□□□□□/□□□: 301 (of 354)

□□□□□/□: 77 (of 100)

□□□□□□: 1:02:58

□□□□:

weibliche AK 3 (TW 30)

□□□□□: 9(of 10)

□□□□□□□: 1:06:15

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 12:27 | 24:53 | 7 | 3:40 | 64 | 5:25 | 0.50 | 12:27 | 24:53 | 11 | 3:40 | 101 | 5:25 | |
| Wechsel S -> R | - | 2:59 | - | 4 | 1:28 | 50 | 1:28 | 0.50 | 15:26 | 30:52 | 11 | 5:08 | 54 | 6:03 | |
| Schwimmen □□□ | 0.50 | 15:26 | 30:52 | 11 | 5:08 | 54 | 6:03 | 0.50 | 15:26 | 30:52 | 11 | 5:08 | 54 | 6:03 | |
| Rad netto | 20.00 | 44:34 | 2:13 | 8 | 9:08 | 75 | 41:45 | 20.50 | 1:00:00 | 2:55 | 11 | 14:16 | 70 | 45:27 | |
| Wechsel R -> L | - | 0:45 | - | 2 | 0:11 | 10 | 0:11 | 20.50 | 1:00:45 | 2:57 | 11 | 14:27 | 68 | 16:30 | |
| Rad □□□ | 20.00 | 45:19 | 2:15 | 8 | 9:19 | 69 | 10:27 | 20.50 | 1:00:45 | 2:57 | 11 | 14:27 | 68 | 16:30 | |
| Lauf Ziel | 5.00 | 30:32 | 6:06 | 9 | 10:35 | 86 | 15:02 | 25.50 | 1:31:17 | 3:34 | 9 | 25:02 | 77 | 28:19 | |