



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

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Luisa Weber

000: 1:13:12

00: 307

00: 25.50 km

Lorsch Triathlon

00000/000: 83 (of 354)

00000/0: 9 (of 100)

000000: 1:02:58

0000:

weibliche AK 4 (TW 35)

00000: 3(of 11)

0000000: 1:02:58

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	10:14	20:27	5	3:12	20	3:12	0.50	10:14	20:27	12	3:12	101	3:12
Wechsel S -> R	-	2:15	-	3	0:43	13	0:44	0.50	12:29	24:57	12	3:06	101	3:06
Schwimmen 000	0.50	12:29	24:57	12	3:06	101	3:06	0.50	12:29	24:57	12	3:06	101	3:06
Rad netto	20.00	36:48	1:50	2	2:38	10	33:59	20.50	49:17	2:24	12	5:44	101	34:44
Wechsel R -> L	-	0:36	-	1	-	2	0:02	20.50	49:53	2:25	12	5:38	101	5:38
Rad 000	20.00	37:24	1:52	2	2:32	7	2:32	20.50	49:53	2:25	12	5:38	101	5:38
Lauf Ziel	5.00	23:19	4:39	3	4:36	17	7:49	25.50	1:13:12	2:52	3	10:14	9	10:14