



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Stefanie Binz

000: 1:27:23

00: 102

00: 25.50 km

Lorsch Triathlon

00000/000: 273 (of 354)

00000/0: 64 (of 100)

000000: 1:02:58

0000:

weibliche AK 4 (TW 35)

00000: 8(of 11)

0000000: 1:02:58

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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	13:08	26:15	11	6:06	81	6:06	0.50	13:08	26:15	12	6:06	101	6:06
Wechsel S -> R	-	3:06	-	8	1:34	57	1:35	0.50	16:14	32:28	10	6:51	74	6:51
Schwimmen 000	0.50	16:14	32:28	10	6:51	74	6:51	0.50	16:14	32:28	10	6:51	74	6:51
Rad netto	20.00	44:22	2:13	10	10:12	73	41:33	20.50	1:00:36	2:57	9	17:03	74	46:03
Wechsel R -> L	-	1:15	-	7	0:39	55	0:41	20.50	1:01:51	3:01	10	17:36	74	17:36
Rad 000	20.00	45:37	2:16	9	10:45	70	10:45	20.50	1:01:51	3:01	10	17:36	74	17:36
Lauf Ziel	5.00	25:32	5:06	7	6:49	38	10:02	25.50	1:27:23	3:25	8	24:25	64	24:25