



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Sarah Keim

000: 1:31:26

00: 337

00: 25.50 km

Lorsch Triathlon

00000/000: 303 (of 354)

00000/0: 79 (of 100)

000000: 1:02:58

0000:

weibliche AK 4 (TW 35)

00000: 11(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	12:24	24:48	9	5:22	63	5:22	0.50	12:24	24:48	12	5:22	101	5:22
Wechsel S -> R	-	2:49	-	7	1:17	42	1:18	0.50	15:13	30:26	12	5:50	101	5:50
Schwimmen 000	0.50	15:13	30:26	12	5:50	101	5:50	0.50	15:13	30:26	12	5:50	101	5:50
Rad netto	20.00	41:22	2:04	6	7:12	50	38:33	20.50	56:35	2:45	12	13:02	101	42:02
Wechsel R -> L	-	0:53	-	6	0:17	28	0:19	20.50	57:28	2:48	12	13:13	101	13:13
Rad 000	20.00	42:15	2:06	6	7:23	47	7:23	20.50	57:28	2:48	12	13:13	101	13:13
Lauf Ziel	5.00	33:58	6:47	11	15:15	96	18:28	25.50	1:31:26	3:35	11	28:28	79	28:28