



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

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Team Aimani

000: 1:22:27

00: 417

00: 25.50 km

Triathlonstaffel

00000: 32 (of 42)

000000: 58:28

0000:

Herren-Staffel

00000: 8(of 11)

0000000: 59:21

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen nett	0.50	16:42	33:23	11	8:45	42	9:37	0.50	16:42	33:23	11	8:45	42	9:37
Wechsel S -> R	-	1:22	-	4	0:13	8	0:13	0.50	18:04	36:07	9	8:41	40	9:42
Schwimmen 000	0.50	18:04	36:07	9	8:41	40	9:42	0.50	18:04	36:07	9	8:41	40	9:42
Rad netto	20.00	39:24	1:58	8	6:35	26	9:48	20.50	57:28	2:48	9	14:01	37	19:04
Wechsel R -> L	-	0:25	-	1	-	3	0:01	20.50	57:53	2:49	9	13:55	37	18:56
Rad 000	20.00	39:49	1:59	7	6:29	24	9:40	20.50	57:53	2:49	9	13:55	37	18:56
Lauf	5.00	24:34	4:54	7	9:11	19	9:11	25.50	1:22:27	3:14	8	23:06	32	23:59