



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Wiesel 3

000: 1:34:42

00: Inklusion Wiesel

00: 391

00: 25.50 km

Triathlonstaffel

00000: 39 (of 42)

000000: 58:28

0000:

00000: 10(of 11)

Herren-Staffel

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	12:19	24:37	7	4:22	27	5:14	0.50	12:19	24:37	7	4:22	27	5:14
Wechsel S -> R	-	1:49	-	8	0:40	30	0:40	0.50	14:08	28:15	7	4:45	27	5:46
Schwimmen 000	0.50	14:08	28:15	7	4:45	27	5:46	0.50	14:08	28:15	7	4:45	27	5:46
Rad netto	20.00	44:44	2:14	10	11:55	38	15:08	20.50	58:52	2:52	10	15:25	39	20:28
Wechsel R -> L	-	1:10	-	11	0:45	42	0:46	20.50	1:00:02	2:55	10	16:04	39	21:05
Rad 000	20.00	45:54	2:17	10	12:34	38	15:45	20.50	1:00:02	2:55	10	16:04	39	21:05
Lauf	5.00	34:40	6:55	10	19:17	40	19:17	25.50	1:34:42	3:42	10	35:21	39	36:14