



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Wiesel1

000: 1:50:32

00: Inklusion

00: 389

00: 25.50 km

Triathlonstaffel

00000: 42 (of 42)

000000: 58:28

0000:

00000: 11(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	16:06	32:12	9	8:09	40	9:01	0.50	16:06	32:12	9	8:09	40	9:01
Wechsel S -> R	-	2:21	-	10	1:12	40	1:12	0.50	18:27	36:53	10	9:04	41	10:05
Schwimmen 000	0.50	18:27	36:53	10	9:04	41	10:05	0.50	18:27	36:53	10	9:04	41	10:05
Rad netto	20.00	53:44	2:41	11	20:55	41	24:08	20.50	1:12:11	3:31	11	28:44	41	33:47
Wechsel R -> L	-	1:02	-	10	0:37	40	0:38	20.50	1:13:13	3:34	11	29:15	41	34:16
Rad 000	20.00	54:46	2:44	11	21:26	41	24:37	20.50	1:13:13	3:34	11	29:15	41	34:16
Lauf	5.00	37:19	7:27	11	21:56	41	21:56	25.50	1:50:32	4:20	11	51:11	42	52:04