



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Eck/Schweidler

000: 1:07:44

00: 386

00: 25.50 km

Triathlonstaffel

00000: 7 (of 42)

000000: 58:28

0000:

Mixed-Staffel

00000: 5(of 25)

0000000: 58:28

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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	11:21	22:41	14	4:16	20	4:16	0.50	11:21	22:41	14	4:16	20	4:16
Wechsel S -> R	-	1:31	-	11	0:16	19	0:22	0.50	12:52	25:44	14	4:30	22	4:30
Schwimmen 000	0.50	12:52	25:44	14	4:30	22	4:30	0.50	12:52	25:44	14	4:30	22	4:30
Rad netto	20.00	37:15	1:51	12	7:39	17	7:39	20.50	50:07	2:26	12	11:43	16	11:43
Wechsel R -> L	-	0:24	-	1	-	1	-	20.50	50:31	2:27	12	11:34	16	11:34
Rad 000	20.00	37:39	1:52	12	7:30	17	7:30	20.50	50:31	2:27	12	11:34	16	11:34
Lauf	5.00	17:13	3:26	1	-	2	1:50	25.50	1:07:44	2:39	5	9:16	7	9:16