



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

#darkforce

000: 1:09:07

00: #darkforce

00: 395

00: 25.50 km

Triathlonstaffel

00000: 9 (of 42)

000000: 58:28

0000:

00000: 6(of 25)

Mixed-Staffel

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	7:05	14:09	1	-	1	-	0.50	7:05	14:09	1	-	1	-
Wechsel S -> R	-	1:17	-	2	0:02	3	0:08	0.50	8:22	16:44	1	-	1	-
Schwimmen 000	0.50	8:22	16:44	1	-	1	-	0.50	8:22	16:44	1	-	1	-
Rad netto	20.00	41:49	2:05	23	12:13	36	12:13	20.50	50:11	2:26	13	11:47	17	11:47
Wechsel R -> L	-	0:33	-	16	0:09	23	0:09	20.50	50:44	2:28	13	11:47	17	11:47
Rad 000	20.00	42:22	2:07	22	12:13	35	12:13	20.50	50:44	2:28	13	11:47	17	11:47
Lauf	5.00	18:23	3:40	3	1:10	4	3:00	25.50	1:09:07	2:42	6	10:39	9	10:39