



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

valantastic

000: 1:09:58

00: 416

00: 25.50 km

Triathlonstaffel

00000: 10 (of 42)

000000: 58:28

0000:

Mixed-Staffel

00000: 7(of 25)

0000000: 58:28

0000

0000

000

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	9:32	19:03	8	2:27	12	2:27	0.50	9:32	19:03	8	2:27	12	2:27
Wechsel S -> R	-	2:02	-	23	0:47	36	0:53	0.50	11:34	23:07	10	3:12	15	3:12
Schwimmen 000	0.50	11:34	23:07	10	3:12	15	3:12	0.50	11:34	23:07	10	3:12	15	3:12
Rad netto	20.00	36:05	1:48	9	6:29	12	6:29	20.50	47:39	2:19	8	9:15	11	9:15
Wechsel R -> L	-	0:34	-	18	0:10	26	0:10	20.50	48:13	2:21	8	9:16	11	9:16
Rad 000	20.00	36:39	1:49	9	6:30	12	6:30	20.50	48:13	2:21	8	9:16	11	9:16
Lauf	5.00	21:45	4:20	7	4:32	10	6:22	25.50	1:09:58	2:44	7	11:30	10	11:30