



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

3letIX

000: 1:13:37

00: 409

00: 25.50 km

Triathlonstaffel

00000: 14 (of 42)

000000: 58:28

0000:

Mixed-Staffel

00000: 11(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	8:39	17:18	5	1:34	8	1:34	0.50	8:39	17:18	5	1:34	8	1:34
Wechsel S -> R	-	1:18	-	4	0:03	5	0:09	0.50	9:57	19:53	5	1:35	7	1:35
Schwimmen 000	0.50	9:57	19:53	5	1:35	7	1:35	0.50	9:57	19:53	5	1:35	7	1:35
Rad netto	20.00	41:06	2:03	18	11:30	31	11:30	20.50	51:03	2:29	15	12:39	20	12:39
Wechsel R -> L	-	0:30	-	11	0:06	16	0:06	20.50	51:33	2:30	15	12:36	20	12:36
Rad 000	20.00	41:36	2:04	18	11:27	31	11:27	20.50	51:33	2:30	15	12:36	20	12:36
Lauf	5.00	22:04	4:24	9	4:51	12	6:41	25.50	1:13:37	2:53	11	15:09	14	15:09