



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

contigo personal training (Team 1) 000: 1:15:40

00: 410

00: 25.50 km

Triathlonstaffel

00000: 19 (of 42)

000000: 58:28

0000:

Mixed-Staffel

00000: 14(of 25)

0000000: 58:28

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000	00 km	00 00	00 min/km	00 -	00 -	00 000	00 000	000	000	000	00 -	00 -	00 000	00 000
Schwimmen nett	0.50	15:01	30:02	24	7:56	37	7:56	0.50	15:01	30:02	24	7:56	37	7:56
Wechsel S -> R	-	2:13	-	24	0:58	39	1:04	0.50	17:14	34:28	24	8:52	38	8:52
Schwimmen 000	0.50	17:14	34:28	24	8:52	38	8:52	0.50	17:14	34:28	24	8:52	38	8:52
Rad netto	20.00	32:13	1:36	5	2:37	5	2:37	20.50	49:27	2:24	11	11:03	15	11:03
Wechsel R -> L	-	0:29	-	6	0:05	8	0:05	20.50	49:56	2:26	11	10:59	14	10:59
Rad 000	20.00	32:42	1:38	5	2:33	5	2:33	20.50	49:56	2:26	11	10:59	14	10:59
Lauf	5.00	25:44	5:08	15	8:31	26	10:21	25.50	1:15:40	2:58	14	17:12	19	17:12