



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

contigo personal training (Team 2) 000: 1:20:36

00: 413

00: 25.50 km

Triathlonstaffel

00000: 29 (of 42)

000000: 58:28

0000:

Mixed-Staffel

00000: 18(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	15:32	31:03	25	8:27	39	8:27	0.50	15:32	31:03	25	8:27	39	8:27
Wechsel S -> R	-	1:34	-	14	0:19	22	0:25	0.50	17:06	34:12	23	8:44	36	8:44
Schwimmen 000	0.50	17:06	34:12	23	8:44	36	8:44	0.50	17:06	34:12	23	8:44	36	8:44
Rad netto	20.00	36:29	1:49	10	6:53	13	6:53	20.50	53:35	2:36	19	15:11	28	15:11
Wechsel R -> L	-	0:29	-	6	0:05	8	0:05	20.50	54:04	2:38	19	15:07	27	15:07
Rad 000	20.00	36:58	1:50	10	6:49	13	6:49	20.50	54:04	2:38	19	15:07	27	15:07
Lauf	5.00	26:32	5:18	18	9:19	29	11:09	25.50	1:20:36	3:09	18	22:08	29	22:08