



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

## Johanniter-Haus Lorsch

000: 1:26:26

00: Johanniter-Haus Lorsch

00: 401

00: 25.50 km

Triathlonstaffel

00000: 36 (of 42)

000000: 58:28

0000:

00000: 22(of 25)

Mixed-Staffel

0000000: 58:28

0000

0000

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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	9:11	18:22	6	2:06	9	2:06	0.50	9:11	18:22	6	2:06	9	2:06
Wechsel S -> R	-	1:30	-	8	0:15	16	0:21	0.50	10:41	21:22	6	2:19	10	2:19
Schwimmen 000	0.50	10:41	21:22	6	2:19	10	2:19	0.50	10:41	21:22	6	2:19	10	2:19
Rad netto	20.00	41:48	2:05	22	12:12	35	12:12	20.50	52:29	2:33	16	14:05	23	14:05
Wechsel R -> L	-	0:36	-	21	0:12	32	0:12	20.50	53:05	2:35	16	14:08	24	14:08
Rad 000	20.00	42:24	2:07	23	12:15	36	12:15	20.50	53:05	2:35	16	14:08	24	14:08
Lauf	5.00	33:21	6:40	25	16:08	39	17:58	25.50	1:26:26	3:23	22	27:58	36	27:58