



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Wiesel 2

000: 1:44:24

00: Inklusion Wiesel

00: 390

00: 25.50 km

Triathlonstaffel

00000: 41 (of 42)

000000: 58:28

0000:

00000: 25(of 25)

Mixed-Staffel

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	14:31	29:02	23	7:26	36	7:26	0.50	14:31	29:02	23	7:26	36	7:26
Wechsel S -> R	-	3:29	-	25	2:14	42	2:20	0.50	18:00	36:00	25	9:38	39	9:38
Schwimmen 000	0.50	18:00	36:00	25	9:38	39	9:38	0.50	18:00	36:00	25	9:38	39	9:38
Rad netto	20.00	55:44	2:47	25	26:08	42	26:08	20.50	1:13:44	3:35	25	35:20	42	35:20
Wechsel R -> L	-	0:45	-	25	0:21	39	0:21	20.50	1:14:29	3:38	25	35:32	42	35:32
Rad 000	20.00	56:29	2:49	25	26:20	42	26:20	20.50	1:14:29	3:38	25	35:32	42	35:32
Lauf	5.00	29:55	5:59	20	12:42	34	14:32	25.50	1:44:24	4:05	25	45:56	41	45:56