



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

The Walking Dead

000: 1:43:43

00: 425

00: 25.50 km

Triathlonstaffel

00000: 40 (of 42)

000000: 58:28

0000:

Damen-Staffel

00000: 6(of 6)

0000000: 1:13:39

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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	11:33	23:06	4	3:16	23	4:28	0.50	11:33	23:06	4	3:16	23	4:28
Wechsel S -> R	-	1:41	-	3	0:16	25	0:32	0.50	13:14	26:27	4	3:06	24	4:52
Schwimmen 000	0.50	13:14	26:27	4	3:06	24	4:52	0.50	13:14	26:27	4	3:06	24	4:52
Rad netto	20.00	52:03	2:36	6	15:24	40	22:27	20.50	1:05:17	3:11	6	15:52	40	26:53
Wechsel R -> L	-	0:37	-	4	0:05	34	0:13	20.50	1:05:54	3:12	6	15:56	40	26:57
Rad 000	20.00	52:40	2:38	6	15:28	40	22:31	20.50	1:05:54	3:12	6	15:56	40	26:57
Lauf	5.00	37:49	7:33	6	15:16	42	22:26	25.50	1:43:43	4:04	6	30:04	40	45:15