



18 Lorscher Triathlon

Lorsch / 13.08.2023

0000

Lars Knapp

000: 1:19:42

00: 244

00: 25.50 km

Lorscher Triathlon 0,5-20,5,0

00000/000: 163 (of 343)

00000/0: 142 (of 262)

000000: 58:32

0000:

männliche AK 1 (TM 20)

00000: 10(of 15)

0000000: 1:06:00

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| 000 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 000 | 000 | 000 | 00 | 00 | 00 | 00 |
|----------------|-------|-------|--------|----|-------|-----|-------|-------|---------|--------|----|-------|-----|-------|
| | km | 00 | min/km | - | - | 0 | 0 | km | 00 | min/km | - | - | 0 | 0 |
| Schwimmen nett | 0.50 | 10:42 | 21:23 | 8 | 2:05 | 95 | 3:45 | 0.50 | 10:42 | 21:23 | 16 | 2:05 | 263 | 3:45 |
| Wechsel S -> R | - | 3:36 | - | 12 | 1:59 | 217 | 2:20 | 0.50 | 14:18 | 28:36 | 16 | 4:04 | 129 | 5:52 |
| Schwimmen 000 | 0.50 | 14:18 | 28:36 | 16 | 4:04 | 129 | 5:52 | 0.50 | 14:18 | 28:36 | 16 | 4:04 | 129 | 5:52 |
| Rad netto | 20.00 | 39:00 | 1:57 | 10 | 14:36 | 169 | 14:36 | 20.50 | 53:18 | 2:35 | 16 | 13:45 | 263 | 15:02 |
| Wechsel R -> L | - | 0:44 | - | 7 | 0:12 | 42 | 0:17 | 20.50 | 54:02 | 2:38 | 16 | 13:44 | 263 | 14:54 |
| Rad 000 | 20.00 | 39:44 | 1:59 | 10 | 14:35 | 156 | 14:35 | 20.50 | 54:02 | 2:38 | 16 | 13:44 | 263 | 14:54 |
| Lauf Ziel | 5.00 | 25:40 | 5:08 | 11 | 25:40 | 156 | 25:40 | 25.50 | 1:19:42 | 3:07 | 10 | 13:42 | 142 | 21:10 |