



18 Lorsche Triathlon

Lorsch / 13.08.2023

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Paul Alex

□□□: 1:36:22

□□: 230

□□: 25.50 km

Lorsche Triathlon 0,5-20,5,0

□□□□□/□□□: 316 (of 343)

□□□□□/□: 244 (of 262)

□□□□□□: 58:32

□□□□:

männliche AK 4 (TM 35)

□□□□□: 23(of 23)

□□□□□□□: 1:02:13

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 11:40 | 23:19 | 17 | 3:20 | 142 | 4:43 | 0.50 | 11:40 | 23:19 | 24 | 3:20 | 263 | 4:43 |
| Wechsel S -> R | - | 3:51 | - | 21 | 2:20 | 229 | 2:35 | 0.50 | 15:31 | 31:02 | 24 | 5:34 | 263 | 7:05 |
| Schwimmen □□□ | 0.50 | 15:31 | 31:02 | 24 | 5:34 | 263 | 7:05 | 0.50 | 15:31 | 31:02 | 24 | 5:34 | 263 | 7:05 |
| Rad netto | 20.00 | 42:07 | 2:06 | 20 | 10:11 | 212 | 17:43 | 20.50 | 57:38 | 2:48 | 24 | 15:45 | 263 | 19:22 |
| Wechsel R -> L | - | 2:20 | - | 23 | 1:39 | 254 | 1:53 | 20.50 | 59:58 | 2:55 | 24 | 17:24 | 220 | 20:50 |
| Rad □□□ | 20.00 | 44:27 | 2:13 | 21 | 11:50 | 225 | 19:18 | 20.50 | 59:58 | 2:55 | 24 | 17:24 | 220 | 20:50 |
| Lauf Ziel | 5.00 | 36:24 | 7:16 | 22 | 17:07 | 253 | 36:24 | 25.50 | 1:36:22 | 3:46 | 23 | 34:09 | 244 | 37:50 |