



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

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Linus Weiffen

000: 1:31:42

00: 314

00: 25.50 km

Lorsche Triathlon 0,5-20,5,0

00000/000: 286 (of 343)

00000/0: 228 (of 262)

000000: 58:32

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männliche Jugend A (TM 16/17)

00000: 4(of 4)

0000000: 1:04:51

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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	3	2:35	95	3:45	0.50	10:42	21:23	5	2:35	263	3:45
Wechsel S -> R	-	3:28	-	4	1:48	207	2:12	0.50	14:10	28:19	5	4:23	263	5:44
Schwimmen 000	0.50	14:10	28:19	5	4:23	263	5:44	0.50	14:10	28:19	5	4:23	263	5:44
Rad netto	20.00	47:06	2:21	4	13:20	250	22:42	20.50	1:01:16	2:59	5	17:43	263	23:00
Wechsel R -> L	-	0:55	-	3	0:16	79	0:28	20.50	1:02:11	3:01	5	17:56	263	23:03
Rad 000	20.00	48:01	2:24	4	13:33	247	22:52	20.50	1:02:11	3:01	5	17:56	263	23:03
Lauf Ziel	5.00	29:31	5:54	4	8:55	217	29:31	25.50	1:31:42	3:35	4	26:51	228	33:10