



18 Lorsche Triathlon

Lorsch / 13.08.2023

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Luk Deselaers

000: 1:36:49

00: 142

00: 25.50 km

Lorsche Triathlon 0,5-20,5,0

00000/000: 319 (of 343)

00000/0: 247 (of 262)

000000: 58:32

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männliche Jugend B (TM 14/15)

00000: 2(of 2)

0000000: 1:17:30

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	11:23	22:45	1	-	130	4:26	0.50	11:23	22:45	1	-	263	4:26
Wechsel S -> R	-	3:18	-	1	-	192	2:02	0.50	14:41	29:22	1	-	263	6:15
Schwimmen 000	0.50	14:41	29:22	1	-	263	6:15	0.50	14:41	29:22	1	-	263	6:15
Rad netto	20.00	47:56	2:23	2	9:50	254	23:32	20.50	1:02:37	3:03	3	7:58	263	24:21
Wechsel R -> L	-	0:43	-	2	0:07	35	0:16	20.50	1:03:20	3:05	3	8:05	263	24:12
Rad 000	20.00	48:39	2:25	2	9:57	251	23:30	20.50	1:03:20	3:05	3	8:05	263	24:12
Lauf Ziel	5.00	33:29	6:41	2	11:14	247	33:29	25.50	1:36:49	3:47	2	19:19	247	38:17