



18 Lorsch Triathlon

Lorsch / 13.08.2023

□□□□

Ruben Gärtner

□□□: 1:09:40

□□: LCO-Lorsch

□□: 182

□□: 25.50 km

Lorsch Triathlon 0,5-20,5,0

□□□□□/□□□: 52 (of 343)

□□□□□/□: 48 (of 262)

□□□□□□: 58:32

□□□□:

männliche Junioren (TM 18/19)

□□□□□: 2(of 11)

□□□□□□□: 1:05:18

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 10:04 | 20:07 | 2 | 0:42 | 64 | 3:07 | 0.50 | 10:04 | 20:07 | 2 | 0:42 | 263 | 3:07 |
| Wechsel S -> R | - | 1:54 | - | 1 | - | 27 | 0:38 | 0.50 | 11:58 | 23:56 | 2 | 0:41 | 263 | 3:32 |
| Schwimmen □□□ | 0.50 | 11:58 | 23:56 | 2 | 0:41 | 263 | 3:32 | 0.50 | 11:58 | 23:56 | 2 | 0:41 | 263 | 3:32 |
| Rad netto | 20.00 | 36:34 | 1:49 | 5 | 3:24 | 101 | 12:10 | 20.50 | 48:32 | 2:22 | 4 | 3:30 | 263 | 10:16 |
| Wechsel R -> L | - | 0:30 | - | 2 | 0:03 | 2 | 0:03 | 20.50 | 49:02 | 2:23 | 3 | 3:33 | 263 | 9:54 |
| Rad □□□ | 20.00 | 37:04 | 1:51 | 5 | 2:52 | 84 | 11:55 | 20.50 | 49:02 | 2:23 | 3 | 3:33 | 263 | 9:54 |
| Lauf Ziel | 5.00 | 20:38 | 4:07 | 3 | 0:49 | 40 | 20:38 | 25.50 | 1:09:40 | 2:43 | 2 | 4:22 | 48 | 11:08 |