



18 Lorsche Triathlon

Lorsch / 13.08.2023

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Paul Pludra

000: 1:11:32

00: 329

00: 25.50 km

Lorsche Triathlon 0,5-20,5,0

00000/000: 64 (of 343)

00000/0: 60 (of 262)

000000: 58:32

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männliche Junioren (TM 18/19)

00000: 5(of 11)

0000000: 1:05:18

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	12:20	24:40	7	2:58	172	5:23	0.50	12:20	24:40	12	2:58	173	5:23
Wechsel S -> R	-	2:15	-	3	0:21	62	0:59	0.50	14:35	29:10	12	3:18	138	6:09
Schwimmen 000	0.50	14:35	29:10	12	3:18	138	6:09	0.50	14:35	29:10	12	3:18	138	6:09
Rad netto	20.00	33:51	1:41	3	0:41	34	9:27	20.50	48:26	2:21	12	3:24	67	10:10
Wechsel R -> L	-	0:47	-	5	0:20	52	0:20	20.50	49:13	2:24	12	3:44	67	10:05
Rad 000	20.00	34:38	1:43	3	0:26	30	9:29	20.50	49:13	2:24	12	3:44	67	10:05
Lauf Ziel	5.00	22:19	4:27	5	2:30	75	22:19	25.50	1:11:32	2:48	5	6:14	60	13:00