



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Tim Radmacher

000: 1:28:58

00: 189

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 270 (of 343)

00000/0: 218 (of 262)

000000: 58:32

0000:

männliche AK 1 (TM 20)

00000: 12(of 15)

0000000: 1:06:00

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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	11:46	23:32	10	3:09	147	4:49	0.50	11:46	23:32	16	3:09	263	4:49
Wechsel S -> R	-	2:49	-	9	1:12	145	1:33	0.50	14:35	29:10	16	4:21	138	6:09
Schwimmen 000	0.50	14:35	29:10	16	4:21	138	6:09	0.50	14:35	29:10	16	4:21	138	6:09
Rad netto	20.00	47:06	2:21	15	22:42	250	22:42	20.50	1:01:41	3:00	16	22:08	263	23:25
Wechsel R -> L	-	0:37	-	4	0:05	14	0:10	20.50	1:02:18	3:02	16	22:00	263	23:10
Rad 000	20.00	47:43	2:23	15	22:34	245	22:34	20.50	1:02:18	3:02	16	22:00	263	23:10
Lauf Ziel	5.00	26:40	5:20	12	26:40	170	26:40	25.50	1:28:58	3:29	12	22:58	218	30:26