



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Patrick Zarembowicz

000: 1:09:06

00: 144

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 46 (of 343)

00000/0: 43 (of 262)

000000: 58:32

0000:

Senioren 1 (TM 40)

00000: 7(of 22)

0000000: 1:00:03

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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	9:12	18:23	9	1:37	27	2:15	0.50	9:12	18:23	23	1:37	263	2:15
Wechsel S -> R	-	1:45	-	4	0:10	20	0:29	0.50	10:57	21:53	23	0:56	263	2:31
Schwimmen 000	0.50	10:57	21:53	23	0:56	263	2:31	0.50	10:57	21:53	23	0:56	263	2:31
Rad netto	20.00	34:13	1:42	6	3:22	43	9:49	20.50	45:10	2:12	7	4:11	263	6:54
Wechsel R -> L	-	0:51	-	6	0:21	62	0:24	20.50	46:01	2:14	6	4:32	263	6:53
Rad 000	20.00	35:04	1:45	6	3:43	35	9:55	20.50	46:01	2:14	6	4:32	263	6:53
Lauf Ziel	5.00	23:05	4:36	14	4:31	97	23:05	25.50	1:09:06	2:42	7	9:03	43	10:34