



18 Lorsch Triathlon

Lorsch / 13.08.2023

□□□□

Tobias Ritzert

□□□: 1:11:03

□□: 247

□□: 25.50 km

Lorsch Triathlon 0,5-20,5,0

□□□□□/□□□: 61 (of 343)

□□□□□/□: 57 (of 262)

□□□□□□: 58:32

□□□□:

Senioren 1 (TM 40)

□□□□□: 12(of 22)

□□□□□□□: 1:00:03

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 11:02 | 22:03 | 17 | 3:27 | 118 | 4:05 | 0.50 | 11:02 | 22:03 | 23 | 3:27 | 263 | 4:05 |
| Wechsel S -> R | - | 2:25 | - | 12 | 0:50 | 81 | 1:09 | 0.50 | 13:27 | 26:53 | 23 | 3:26 | 93 | 5:01 |
| Schwimmen □□□ | 0.50 | 13:27 | 26:53 | 23 | 3:26 | 93 | 5:01 | 0.50 | 13:27 | 26:53 | 23 | 3:26 | 93 | 5:01 |
| Rad netto | 20.00 | 36:12 | 1:48 | 14 | 5:21 | 90 | 11:48 | 20.50 | 49:39 | 2:25 | 23 | 8:40 | 263 | 11:23 |
| Wechsel R -> L | - | 0:59 | - | 11 | 0:29 | 103 | 0:32 | 20.50 | 50:38 | 2:28 | 23 | 9:09 | 263 | 11:30 |
| Rad □□□ | 20.00 | 37:11 | 1:51 | 14 | 5:50 | 90 | 12:02 | 20.50 | 50:38 | 2:28 | 23 | 9:09 | 263 | 11:30 |
| Lauf Ziel | 5.00 | 20:25 | 4:05 | 6 | 1:51 | 35 | 20:25 | 25.50 | 1:11:03 | 2:47 | 12 | 11:00 | 57 | 12:31 |