



18 Lorsche Triathlon

Lorsch / 13.08.2023

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Daniel Flicke

000: 1:12:06

00: 328

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 73 (of 343)

00000/0: 69 (of 262)

000000: 58:32

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Senioren 1 (TM 40)

00000: 13(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	10:33	21:06	15	2:58	85	3:36	0.50	10:33	21:06	23	2:58	85	3:36
Wechsel S -> R	-	3:43	-	22	2:08	225	2:27	0.50	14:16	28:32	23	4:15	126	5:50
Schwimmen 000	0.50	14:16	28:32	23	4:15	126	5:50	0.50	14:16	28:32	23	4:15	126	5:50
Rad netto	20.00	34:24	1:43	9	3:33	50	10:00	20.50	48:40	2:22	23	7:41	74	10:24
Wechsel R -> L	-	0:52	-	9	0:22	67	0:25	20.50	49:32	2:24	23	8:03	71	10:24
Rad 000	20.00	35:16	1:45	7	3:55	39	10:07	20.50	49:32	2:24	23	8:03	71	10:24
Lauf Ziel	5.00	22:34	4:30	12	4:00	82	22:34	25.50	1:12:06	2:49	13	12:03	69	13:34