



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Tim Martin

000: 1:12:10

00: 195

00: 25.50 km

Lorsche Triathlon 0,5-20,5,0

00000/000: 75 (of 343)

00000/0: 71 (of 262)

000000: 58:32

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Senioren 1 (TM 40)

00000: 14(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	8:15	16:30	2	0:40	5	1:18	0.50	8:15	16:30	2	0:40	263	1:18
Wechsel S -> R	-	2:24	-	11	0:49	78	1:08	0.50	10:39	21:18	5	0:38	263	2:13
Schwimmen 000	0.50	10:39	21:18	5	0:38	263	2:13	0.50	10:39	21:18	5	0:38	263	2:13
Rad netto	20.00	34:20	1:43	8	3:29	47	9:56	20.50	44:59	2:11	23	4:00	263	6:43
Wechsel R -> L	-	1:22	-	18	0:52	183	0:55	20.50	46:21	2:15	23	4:52	263	7:13
Rad 000	20.00	35:42	1:47	10	4:21	56	10:33	20.50	46:21	2:15	23	4:52	263	7:13
Lauf Ziel	5.00	25:49	5:09	19	7:15	161	25:49	25.50	1:12:10	2:49	14	12:07	71	13:38