



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Adrian Merkel

000: 1:14:03

00: 262

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 95 (of 343)

00000/0: 87 (of 262)

000000: 58:32

0000:

Senioren 1 (TM 40)

00000: 17(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	12:09	24:18	20	4:34	166	5:12	0.50	12:09	24:18	23	4:34	263	5:12
Wechsel S -> R	-	3:04	-	20	1:29	170	1:48	0.50	15:13	30:26	23	5:12	263	6:47
Schwimmen 000	0.50	15:13	30:26	23	5:12	263	6:47	0.50	15:13	30:26	23	5:12	263	6:47
Rad netto	20.00	36:39	1:49	16	5:48	105	12:15	20.50	51:52	2:31	23	10:53	263	13:36
Wechsel R -> L	-	1:18	-	17	0:48	173	0:51	20.50	53:10	2:35	23	11:41	263	14:02
Rad 000	20.00	37:57	1:53	16	6:36	103	12:48	20.50	53:10	2:35	23	11:41	263	14:02
Lauf Ziel	5.00	20:53	4:10	8	2:19	46	20:53	25.50	1:14:03	2:54	17	14:00	87	15:31