



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Dennis Lang

000: 1:32:16

00: 341

00: 25.50 km

Lorsche Triathlon 0,5-20,5,0

00000/000: 291 (of 343)

00000/0: 229 (of 262)

000000: 58:32

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männliche AK 1 (TM 20)

00000: 14(of 15)

0000000: 1:06:00

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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	15:05	30:10	15	6:28	244	8:08	0.50	15:05	30:10	16	6:28	244	8:08
Wechsel S -> R	-	2:44	-	7	1:07	139	1:28	0.50	17:49	35:37	16	7:35	234	9:23
Schwimmen 000	0.50	17:49	35:37	16	7:35	234	9:23	0.50	17:49	35:37	16	7:35	234	9:23
Rad netto	20.00	42:35	2:07	13	18:11	217	18:11	20.50	1:00:24	2:56	16	20:51	232	22:08
Wechsel R -> L	-	0:39	-	6	0:07	22	0:12	20.50	1:01:03	2:58	16	20:45	228	21:55
Rad 000	20.00	43:14	2:09	12	18:05	209	18:05	20.50	1:01:03	2:58	16	20:45	228	21:55
Lauf Ziel	5.00	31:13	6:14	15	31:13	231	31:13	25.50	1:32:16	3:37	14	26:16	229	33:44