



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Sven Pöschke

000: 1:03:38

00: 293

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 10 (of 343)

00000/0: 10 (of 262)

000000: 58:32

0000:

Senioren 2 (TM 45)

00000: 1(of 30)

0000000: 1:03:38

0000

0000

000

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	9:50	19:40	7	1:10	53	2:53	0.50	9:50	19:40	31	1:10	263	2:53
Wechsel S -> R	-	2:40	-	17	1:01	125	1:24	0.50	12:30	25:00	31	1:40	263	4:04
Schwimmen 000	0.50	12:30	25:00	31	1:40	263	4:04	0.50	12:30	25:00	31	1:40	263	4:04
Rad netto	20.00	31:55	1:35	1	-	9	7:31	20.50	44:25	2:09	1	-	263	6:09
Wechsel R -> L	-	1:02	-	10	0:23	115	0:35	20.50	45:27	2:13	1	-	263	6:19
Rad 000	20.00	32:57	1:38	1	-	10	7:48	20.50	45:27	2:13	1	-	263	6:19
Lauf Ziel	5.00	18:11	3:38	1	-	4	18:11	25.50	1:03:38	2:29	1	-	10	5:06