



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

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Markus Iwanowitsch

000: 1:05:38

00: 52

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 18 (of 343)

00000/0: 17 (of 262)

000000: 58:32

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Senioren 2 (TM 45)

00000: 2(of 30)

0000000: 1:03:38

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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	9:11	18:22	2	0:31	26	2:14	0.50	9:11	18:22	2	0:31	263	2:14
Wechsel S -> R	-	1:39	-	1	-	11	0:23	0.50	10:50	21:40	1	-	263	2:24
Schwimmen 000	0.50	10:50	21:40	1	-	263	2:24	0.50	10:50	21:40	1	-	263	2:24
Rad netto	20.00	34:45	1:44	13	2:50	62	10:21	20.50	45:35	2:13	31	1:10	263	7:19
Wechsel R -> L	-	0:45	-	2	0:06	45	0:18	20.50	46:20	2:15	31	0:53	263	7:12
Rad 000	20.00	35:30	1:46	9	2:33	52	10:21	20.50	46:20	2:15	31	0:53	263	7:12
Lauf Ziel	5.00	19:18	3:51	3	1:07	16	19:18	25.50	1:05:38	2:34	2	2:00	17	7:06