



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Marcus Bergsträßer

000: 1:07:21

00: 233

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 30 (of 343)

00000/0: 28 (of 262)

000000: 58:32

0000:

00000: 4(of 30)

Senioren 2 (TM 45)

0000000: 1:03:38

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	10:48	21:36	13	2:08	102	3:51	0.50	10:48	21:36	31	2:08	263	3:51
Wechsel S -> R	-	2:03	-	5	0:24	43	0:47	0.50	12:51	25:41	31	2:01	263	4:25
Schwimmen 000	0.50	12:51	25:41	31	2:01	263	4:25	0.50	12:51	25:41	31	2:01	263	4:25
Rad netto	20.00	33:12	1:39	2	1:17	22	8:48	20.50	46:03	2:14	31	1:38	263	7:47
Wechsel R -> L	-	1:07	-	14	0:28	133	0:40	20.50	47:10	2:18	31	1:43	263	8:02
Rad 000	20.00	34:19	1:42	2	1:22	22	9:10	20.50	47:10	2:18	31	1:43	263	8:02
Lauf Ziel	5.00	20:11	4:02	4	2:00	32	20:11	25.50	1:07:21	2:38	4	3:43	28	8:49