



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Holger Colditz

000: 1:08:50

00: RV03 Bürstadt

00: 50

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 44 (of 343)

00000/0: 40 (of 262)

000000: 58:32

0000:

Senioren 2 (TM 45)

00000: 6(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	9:23	18:45	4	0:43	34	2:26	0.50	9:23	18:45	4	0:43	263	2:26
Wechsel S -> R	-	1:42	-	2	0:03	15	0:26	0.50	11:05	22:10	2	0:15	263	2:39
Schwimmen 000	0.50	11:05	22:10	2	0:15	263	2:39	0.50	11:05	22:10	2	0:15	263	2:39
Rad netto	20.00	34:32	1:43	10	2:37	54	10:08	20.50	45:37	2:13	31	1:12	263	7:21
Wechsel R -> L	-	0:50	-	5	0:11	59	0:23	20.50	46:27	2:15	31	1:00	263	7:19
Rad 000	20.00	35:22	1:46	6	2:25	45	10:13	20.50	46:27	2:15	31	1:00	263	7:19
Lauf Ziel	5.00	22:23	4:28	8	4:12	77	22:23	25.50	1:08:50	2:41	6	5:12	40	10:18