



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Christian Fassmann

000: 1:12:04

00: 220

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 72 (of 343)

00000/0: 68 (of 262)

000000: 58:32

0000:

Senioren 2 (TM 45)

00000: 8(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	9:35	19:10	6	0:55	43	2:38	0.50	9:35	19:10	31	0:55	263	2:38
Wechsel S -> R	-	2:07	-	6	0:28	53	0:51	0.50	11:42	23:23	31	0:52	263	3:16
Schwimmen 000	0.50	11:42	23:23	31	0:52	263	3:16	0.50	11:42	23:23	31	0:52	263	3:16
Rad netto	20.00	34:33	1:43	11	2:38	57	10:09	20.50	46:15	2:15	31	1:50	44	7:59
Wechsel R -> L	-	1:16	-	20	0:37	165	0:49	20.50	47:31	2:19	31	2:04	263	8:23
Rad 000	20.00	35:49	1:47	12	2:52	59	10:40	20.50	47:31	2:19	31	2:04	263	8:23
Lauf Ziel	5.00	24:33	4:54	14	6:22	129	24:33	25.50	1:12:04	2:49	8	8:26	68	13:32