



18 Lorsch Triathlon

Lorsch / 13.08.2023

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Julian Fahrnbach

□□: LCI Speyer

□□: 113

□□: 25.50 km

Lorsch Triathlon 0,5-20,5,0

□□□□:

männliche AK 1 (TM 20)

□□□□□/□□□: DNF (of 343)

□□□□□/□: DNF (of 262)

□□□□□□: 58:32

□□□□□: DNF(of 15)

□□□□□□□: 1:06:00

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 12:20 | 24:40 | 11 | 3:43 | 172 | 5:23 | 0.50 | 12:20 | 24:40 | 11 | 3:43 | 173 | 5:23 | |
| Wechsel S -> R | - | 2:49 | - | 9 | 1:12 | 145 | 1:33 | 0.50 | 15:09 | 30:18 | 12 | 4:55 | 263 | 6:43 | |
| Schwimmen □□□ | 0.50 | 15:09 | 30:18 | 12 | 4:55 | 263 | 6:43 | 0.50 | 15:09 | 30:18 | 12 | 4:55 | 263 | 6:43 | |
| Rad netto | 20.00 | 24:24 | 1:13 | 1 | - | 1 | - | 20.50 | 39:33 | 1:55 | 1 | - | 263 | 1:17 | |
| Wechsel R -> L | - | 0:45 | - | 8 | 0:13 | 45 | 0:18 | 20.50 | 40:18 | 1:57 | 1 | - | 223 | 1:10 | |
| Rad □□□ | 20.00 | 25:09 | 1:15 | 1 | - | 1 | - | 20.50 | 40:18 | 1:57 | 1 | - | 223 | 1:10 | |
| Lauf Ziel | 5.00 | | 0:00 | 1 | - | 1 | - | 25.50 | - | - | - | - | - | - | |