



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Markus Dambier

000: 1:13:19

00: Betriebssport Ausdauer Dentsply Sirona

00: 365

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 86 (of 343)

00000/0: 80 (of 262)

000000: 58:32

0000:

Senioren 2 (TM 45)

00000: 11(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	12:43	25:26	23	4:03	190	5:46	0.50	12:43	25:26	31	4:03	191	5:46
Wechsel S -> R	-	2:22	-	10	0:43	75	1:06	0.50	15:05	30:10	31	4:15	166	6:39
Schwimmen 000	0.50	15:05	30:10	31	4:15	166	6:39	0.50	15:05	30:10	31	4:15	166	6:39
Rad netto	20.00	34:05	1:42	5	2:10	38	9:41	20.50	49:10	2:23	31	4:45	77	10:54
Wechsel R -> L	-	1:23	-	22	0:44	185	0:56	20.50	50:33	2:27	31	5:06	80	11:25
Rad 000	20.00	35:28	1:46	7	2:31	49	10:19	20.50	50:33	2:27	31	5:06	80	11:25
Lauf Ziel	5.00	22:46	4:33	9	4:35	89	22:46	25.50	1:13:19	2:52	11	9:41	80	14:47