



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Tobias Horstmann

000: 1:15:42

00: 249

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

0000:

Senioren 2 (TM 45)

00000/000: 110 (of 343)

00000/0: 99 (of 262)

000000: 58:32

00000: 15(of 30)

0000000: 1:03:38

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0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	11:05	22:10	16	2:25	120	4:08	0.50	11:05	22:10	31	2:25	263	4:08	
Wechsel S -> R	-	2:33	-	13	0:54	103	1:17	0.50	13:38	27:15	31	2:48	263	5:12	
Schwimmen 000	0.50	13:38	27:15	31	2:48	263	5:12	0.50	13:38	27:15	31	2:48	263	5:12	
Rad netto	20.00	36:56	1:50	22	5:01	119	12:32	20.50	50:34	2:28	31	6:09	263	12:18	
Wechsel R -> L	-	1:32	-	25	0:53	212	1:05	20.50	52:06	2:32	31	6:39	263	12:58	
Rad 000	20.00	38:28	1:55	23	5:31	124	13:19	20.50	52:06	2:32	31	6:39	263	12:58	
Lauf Ziel	5.00	23:36	4:43	11	5:25	108	23:36	25.50	1:15:42	2:58	15	12:04	99	17:10	