



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Sandip Chowdhury

000: 1:27:56

00: 38

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 260 (of 343)

00000/0: 210 (of 262)

000000: 58:32

0000:

Senioren 2 (TM 45)

00000: 26(of 30)

0000000: 1:03:38

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0000

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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 | 15:12 | 30:23 | 29 | 6:32 | 248 | 8:15 | 0.50 | 15:12 | 30:23 | 29 | 6:32 | 263 | 8:15 |
| Wechsel S -> R | - | 3:11 | - | 21 | 1:32 | 180 | 1:55 | 0.50 | 18:23 | 36:45 | 28 | 7:33 | 263 | 9:57 |
| Schwimmen 000 | 0.50 | 18:23 | 36:45 | 28 | 7:33 | 263 | 9:57 | 0.50 | 18:23 | 36:45 | 28 | 7:33 | 263 | 9:57 |
| Rad netto | 20.00 | 41:40 | 2:04 | 25 | 9:45 | 208 | 17:16 | 20.50 | 1:00:03 | 2:55 | 31 | 15:38 | 263 | 21:47 |
| Wechsel R -> L | - | 2:04 | - | 29 | 1:25 | 249 | 1:37 | 20.50 | 1:02:07 | 3:01 | 31 | 16:40 | 263 | 22:59 |
| Rad 000 | 20.00 | 43:44 | 2:11 | 25 | 10:47 | 216 | 18:35 | 20.50 | 1:02:07 | 3:01 | 31 | 16:40 | 263 | 22:59 |
| Lauf Ziel | 5.00 | 25:49 | 5:09 | 21 | 7:38 | 161 | 25:49 | 25.50 | 1:27:56 | 3:26 | 26 | 24:18 | 210 | 29:24 |