



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Arnold Banerjee

000: 1:29:29

00: Helaba BSG Triathlon

00: 2

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 275 (of 343)

00000/0: 221 (of 262)

000000: 58:32

0000:

00000: 27(of 30)

Senioren 2 (TM 45)

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	13:55	27:49	26	5:15	227	6:58	0.50	13:55	27:49	26	5:15	263	6:58
Wechsel S -> R	-	4:53	-	28	3:14	258	3:37	0.50	18:48	37:36	29	7:58	263	10:22
Schwimmen 000	0.50	18:48	37:36	29	7:58	263	10:22	0.50	18:48	37:36	29	7:58	263	10:22
Rad netto	20.00	43:10	2:09	28	11:15	225	18:46	20.50	1:01:58	3:01	31	17:33	263	23:42
Wechsel R -> L	-	1:50	-	27	1:11	239	1:23	20.50	1:03:48	3:06	31	18:21	263	24:40
Rad 000	20.00	45:00	2:15	28	12:03	230	19:51	20.50	1:03:48	3:06	31	18:21	263	24:40
Lauf Ziel	5.00	25:41	5:08	20	7:30	157	25:41	25.50	1:29:29	3:30	27	25:51	221	30:57