



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Nils Geissler

000: 1:30:40

00: 334

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 281 (of 343)

00000/0: 226 (of 262)

000000: 58:32

0000:

00000: 28(of 30)

Senioren 2 (TM 45)

0000000: 1:03:38

0000

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	11:55	23:49	21	3:15	153	4:58	0.50	11:55	23:49	31	3:15	153	4:58	
Wechsel S -> R	-	4:00	-	27	2:21	240	2:44	0.50	15:55	31:49	31	5:05	203	7:29	
Schwimmen 000	0.50	15:55	31:49	31	5:05	203	7:29	0.50	15:55	31:49	31	5:05	203	7:29	
Rad netto	20.00	42:57	2:08	27	11:02	221	18:33	20.50	58:52	2:52	31	14:27	220	20:36	
Wechsel R -> L	-	0:57	-	7	0:18	91	0:30	20.50	59:49	2:55	31	14:22	218	20:41	
Rad 000	20.00	43:54	2:11	26	10:57	219	18:45	20.50	59:49	2:55	31	14:22	218	20:41	
Lauf Ziel	5.00	30:51	6:10	28	12:40	227	30:51	25.50	1:30:40	3:33	28	27:02	226	32:08	