



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Daniel Löffelholz

000: 1:05:03

00: 141

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

0000:

männliche AK 2 (TM 25)

00000/000: 14 (of 343)

00000/0: 14 (of 262)

000000: 58:32

00000: 2(of 30)

0000000: 1:01:39

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	8:35	17:10	2	1:23	10	1:38	0.50	8:35	17:10	31	1:23	263	1:38
Wechsel S -> R	-	2:21	-	9	1:05	73	1:05	0.50	10:56	21:52	31	2:28	263	2:30
Schwimmen 000	0.50	10:56	21:52	31	2:28	263	2:30	0.50	10:56	21:52	31	2:28	263	2:30
Rad netto	20.00	34:18	1:42	5	1:32	46	9:54	20.50	45:14	2:12	31	3:21	263	6:58
Wechsel R -> L	-	0:43	-	6	0:12	35	0:16	20.50	45:57	2:14	31	3:20	263	6:49
Rad 000	20.00	35:01	1:45	4	1:18	34	9:52	20.50	45:57	2:14	31	3:20	263	6:49
Lauf Ziel	5.00	19:06	3:49	4	0:38	11	19:06	25.50	1:05:03	2:33	2	3:24	14	6:31