



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

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## Martin Schmidtke

□□□: 1:02:16

□□: Bergsträßer Drachenflieger

□□: 360

□□: 25.50 km

Lorsch Triathlon 0,5-20,5,0

□□□□□/□□□: 6 (of 343)

□□□□□/□: 6 (of 262)

□□□□□□: 58:32

□□□□:

Senioren 3 (TM 50)

□□□□□: 1(of 32)

□□□□□□□: 1:02:16

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50     | 8:46     | 17:32        | 2       | 0:06    | 16      | 1:49    | 0.50  | 8:46      | 17:32         | 33      | 0:06    | 16      | 1:49    |
| Wechsel S -> R | -        | 1:32     | -            | 2       | 0:10    | 5       | 0:16    | 0.50  | 10:18     | 20:36         | 33      | 0:02    | 10      | 1:52    |
| Schwimmen □□□  | 0.50     | 10:18    | 20:36        | 33      | 0:02    | 10      | 1:52    | 0.50  | 10:18     | 20:36         | 33      | 0:02    | 10      | 1:52    |
| Rad netto      | 20.00    | 31:26    | 1:34         | 2       | 0:34    | 7       | 7:02    | 20.50 | 41:44     | 2:02          | 33      | 0:36    | 5       | 3:28    |
| Wechsel R -> L | -        | 0:56     | -            | 9       | 0:25    | 83      | 0:29    | 20.50 | 42:40     | 2:04          | 33      | 0:53    | 8       | 3:32    |
| Rad □□□        | 20.00    | 32:22    | 1:37         | 3       | 0:51    | 8       | 7:13    | 20.50 | 42:40     | 2:04          | 33      | 0:53    | 8       | 3:32    |
| Lauf Ziel      | 5.00     | 19:36    | 3:55         | 1       | -       | 21      | 19:36   | 25.50 | 1:02:16   | 2:26          | 1       | -       | 6       | 3:44    |