



# 18 Lorsch Triathlon

Lorsch / 13.08.2023

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Michael Breideband

000: 1:02:36

00: 5

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 7 (of 343)

00000/0: 7 (of 262)

000000: 58:32

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Senioren 3 (TM 50)

00000: 2(of 32)

0000000: 1:02:16

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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	8:54	17:48	4	0:14	19	1:57	0.50	8:54	17:48	33	0:14	263	1:57
Wechsel S -> R	-	1:22	-	1	-	2	0:06	0.50	10:16	20:32	1	-	263	1:50
Schwimmen 000	0.50	10:16	20:32	1	-	263	1:50	0.50	10:16	20:32	1	-	263	1:50
Rad netto	20.00	30:52	1:32	1	-	5	6:28	20.50	41:08	2:00	1	-	263	2:52
Wechsel R -> L	-	0:39	-	4	0:08	22	0:12	20.50	41:47	2:02	1	-	263	2:39
Rad 000	20.00	31:31	1:34	1	-	4	6:22	20.50	41:47	2:02	1	-	263	2:39
Lauf Ziel	5.00	20:49	4:09	5	1:13	44	20:49	25.50	1:02:36	2:27	2	0:20	7	4:04