



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Dirk Tappe

000: 1:04:59

00: 183

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 13 (of 343)

00000/0: 13 (of 262)

000000: 58:32

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Senioren 3 (TM 50)

00000: 3(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	11:40	23:19	12	3:00	142	4:43	0.50	11:40	23:19	33	3:00	263	4:43
Wechsel S -> R	-	1:35	-	3	0:13	7	0:19	0.50	13:15	26:30	33	2:59	263	4:49
Schwimmen 000	0.50	13:15	26:30	33	2:59	263	4:49	0.50	13:15	26:30	33	2:59	263	4:49
Rad netto	20.00	31:36	1:34	3	0:44	8	7:12	20.50	44:51	2:11	33	3:43	263	6:35
Wechsel R -> L	-	0:31	-	1	-	4	0:04	20.50	45:22	2:12	33	3:35	263	6:14
Rad 000	20.00	32:07	1:36	2	0:36	7	6:58	20.50	45:22	2:12	33	3:35	263	6:14
Lauf Ziel	5.00	19:37	3:55	2	0:01	22	19:37	25.50	1:04:59	2:32	3	2:43	13	6:27