



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Kai Heppert

000: 1:06:16

00: 300

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 23 (of 343)

00000/0: 21 (of 262)

000000: 58:32

0000:

Senioren 3 (TM 50)

00000: 4(of 32)

0000000: 1:02:16

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0000

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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 | 9:32 | 19:03 | 7 | 0:52 | 40 | 2:35 | 0.50 | 9:32 | 19:03 | 33 | 0:52 | 263 | 2:35 |
| Wechsel S -> R | - | 2:15 | - | 6 | 0:53 | 62 | 0:59 | 0.50 | 11:47 | 23:33 | 33 | 1:31 | 263 | 3:21 |
| Schwimmen 000 | 0.50 | 11:47 | 23:33 | 33 | 1:31 | 263 | 3:21 | 0.50 | 11:47 | 23:33 | 33 | 1:31 | 263 | 3:21 |
| Rad netto | 20.00 | 32:43 | 1:38 | 4 | 1:51 | 11 | 8:19 | 20.50 | 44:30 | 2:10 | 33 | 3:22 | 263 | 6:14 |
| Wechsel R -> L | - | 1:00 | - | 12 | 0:29 | 107 | 0:33 | 20.50 | 45:30 | 2:13 | 33 | 3:43 | 263 | 6:22 |
| Rad 000 | 20.00 | 33:43 | 1:41 | 4 | 2:12 | 13 | 8:34 | 20.50 | 45:30 | 2:13 | 33 | 3:43 | 263 | 6:22 |
| Lauf Ziel | 5.00 | 20:46 | 4:09 | 4 | 1:10 | 43 | 20:46 | 25.50 | 1:06:16 | 2:35 | 4 | 4:00 | 21 | 7:44 |