



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Kai Heppert

000: 1:06:16

00: 300

00: 25.50 km

Lorsche Triathlon 0,5-20,5,0

00000/000: 23 (of 343)

00000/0: 21 (of 262)

000000: 58:32

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Senioren 3 (TM 50)

00000: 4(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	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