



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Jörn Schlichting

000: 1:07:20

00: 274

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 29 (of 343)

00000/0: 27 (of 262)

000000: 58:32

0000:

Senioren 3 (TM 50)

00000: 5(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	10:39	21:18	9	1:59	90	3:42	0.50	10:39	21:18	33	1:59	263	3:42
Wechsel S -> R	-	2:20	-	7	0:58	72	1:04	0.50	12:59	25:57	33	2:43	263	4:33
Schwimmen 000	0.50	12:59	25:57	33	2:43	263	4:33	0.50	12:59	25:57	33	2:43	263	4:33
Rad netto	20.00	33:04	1:39	5	2:12	16	8:40	20.50	46:03	2:14	33	4:55	263	7:47
Wechsel R -> L	-	1:03	-	14	0:32	121	0:36	20.50	47:06	2:17	33	5:19	39	7:58
Rad 000	20.00	34:07	1:42	5	2:36	18	8:58	20.50	47:06	2:17	33	5:19	39	7:58
Lauf Ziel	5.00	20:14	4:02	3	0:38	33	20:14	25.50	1:07:20	2:38	5	5:04	27	8:48