



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Stephan Ramge

000: 1:16:24

00: 190

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 121 (of 343)

00000/0: 109 (of 262)

000000: 58:32

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Senioren 3 (TM 50)

00000: 7(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	11:59	23:57	15	3:19	155	5:02	0.50	11:59	23:57	33	3:19	263	5:02
Wechsel S -> R	-	2:41	-	18	1:19	129	1:25	0.50	14:40	29:19	33	4:24	263	6:14
Schwimmen 000	0.50	14:40	29:19	33	4:24	263	6:14	0.50	14:40	29:19	33	4:24	263	6:14
Rad netto	20.00	34:41	1:44	6	3:49	59	10:17	20.50	49:21	2:24	33	8:13	263	11:05
Wechsel R -> L	-	1:20	-	20	0:49	178	0:53	20.50	50:41	2:28	33	8:54	263	11:33
Rad 000	20.00	36:01	1:48	6	4:30	65	10:52	20.50	50:41	2:28	33	8:54	263	11:33
Lauf Ziel	5.00	25:43	5:08	17	6:07	158	25:43	25.50	1:16:24	2:59	7	14:08	109	17:52