



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Dirk Hagmaier

000: 1:20:55

00: 25

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 173 (of 343)

00000/0: 152 (of 262)

000000: 58:32

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Senioren 3 (TM 50)

00000: 16(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	9:54	19:48	8	1:14	57	2:57	0.50	9:54	19:48	33	1:14	59	2:57
Wechsel S -> R	-	2:34	-	17	1:12	110	1:18	0.50	12:28	24:56	7	2:12	263	4:02
Schwimmen 000	0.50	12:28	24:56	7	2:12	263	4:02	0.50	12:28	24:56	7	2:12	263	4:02
Rad netto	20.00	38:30	1:55	18	7:38	159	14:06	20.50	50:58	2:29	9	9:50	263	12:42
Wechsel R -> L	-	1:24	-	22	0:53	189	0:57	20.50	52:22	2:33	10	10:35	263	13:14
Rad 000	20.00	39:54	1:59	17	8:23	160	14:45	20.50	52:22	2:33	10	10:35	263	13:14
Lauf Ziel	5.00	28:33	5:42	23	8:57	199	28:33	25.50	1:20:55	3:10	16	18:39	152	22:23