



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Udo Speicher

000: 1:23:14

00: SG Heddeshheim

00: 114

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 194 (of 343)

00000/0: 166 (of 262)

000000: 58:32

0000:

00000: 19(of 32)

Senioren 3 (TM 50)

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	8:40	17:19	1	-	14	1:43	0.50	8:40	17:19	1	-	263	1:43
Wechsel S -> R	-	2:27	-	12	1:05	88	1:11	0.50	11:07	22:14	33	0:51	263	2:41
Schwimmen 000	0.50	11:07	22:14	33	0:51	263	2:41	0.50	11:07	22:14	33	0:51	263	2:41
Rad netto	20.00	40:25	2:01	23	9:33	189	16:01	20.50	51:32	2:30	33	10:24	263	13:16
Wechsel R -> L	-	1:05	-	16	0:34	127	0:38	20.50	52:37	2:34	33	10:50	263	13:29
Rad 000	20.00	41:30	2:04	23	9:59	184	16:21	20.50	52:37	2:34	33	10:50	263	13:29
Lauf Ziel	5.00	30:37	6:07	28	11:01	226	30:37	25.50	1:23:14	3:15	19	20:58	166	24:42