



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Markus Lasar

000: 1:27:11

00: 263

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 252 (of 343)

00000/0: 206 (of 262)

000000: 58:32

0000:

Senioren 3 (TM 50)

00000: 25(of 32)

0000000: 1:02:16

0000

0000

000

| 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  | 13:07 | 26:14  | 26 | 4:27 | 210 | 6:10  | 0.50  | 13:07   | 26:14  | 33 | 4:27  | 210 | 6:10  |
| Wechsel S -> R | -     | 4:42  | -      | 32 | 3:20 | 256 | 3:26  | 0.50  | 17:49   | 35:37  | 33 | 7:33  | 234 | 9:23  |
| Schwimmen 000  | 0.50  | 17:49 | 35:37  | 33 | 7:33 | 234 | 9:23  | 0.50  | 17:49   | 35:37  | 33 | 7:33  | 234 | 9:23  |
| Rad netto      | 20.00 | 38:11 | 1:54   | 17 | 7:19 | 152 | 13:47 | 20.50 | 56:00   | 2:43   | 33 | 14:52 | 263 | 17:44 |
| Wechsel R -> L | -     | 1:46  | -      | 29 | 1:15 | 228 | 1:19  | 20.50 | 57:46   | 2:49   | 33 | 15:59 | 263 | 18:38 |
| Rad 000        | 20.00 | 39:57 | 1:59   | 18 | 8:26 | 163 | 14:48 | 20.50 | 57:46   | 2:49   | 33 | 15:59 | 263 | 18:38 |
| Lauf Ziel      | 5.00  | 29:25 | 5:53   | 25 | 9:49 | 212 | 29:25 | 25.50 | 1:27:11 | 3:25   | 25 | 24:55 | 206 | 28:39 |