



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

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Senioren 3 (TM 50)

00000: 25(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	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