



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Dirk Regitz

000: 1:28:39

00: TSA der TSG 1862 Weinheim

00: 298

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 266 (of 343)

00000/0: 215 (of 262)

000000: 58:32

0000:

Senioren 3 (TM 50)

00000: 27(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	11:45	23:30	13	3:05	146	4:48	0.50	11:45	23:30	33	3:05	263	4:48
Wechsel S -> R	-	3:20	-	24	1:58	195	2:04	0.50	15:05	30:10	33	4:49	166	6:39
Schwimmen 000	0.50	15:05	30:10	33	4:49	166	6:39	0.50	15:05	30:10	33	4:49	166	6:39
Rad netto	20.00	45:50	2:17	30	14:58	244	21:26	20.50	1:00:55	2:58	33	19:47	263	22:39
Wechsel R -> L	-	0:48	-	7	0:17	54	0:21	20.50	1:01:43	3:00	33	19:56	263	22:35
Rad 000	20.00	46:38	2:19	30	15:07	242	21:29	20.50	1:01:43	3:00	33	19:56	263	22:35
Lauf Ziel	5.00	26:56	5:23	20	7:20	174	26:56	25.50	1:28:39	3:28	27	26:23	215	30:07