



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Michael Finn

000: 1:35:23

00: 288

00: 25.50 km

Lorsche Triathlon 0,5-20,5,0

00000/000: 310 (of 343)

00000/0: 241 (of 262)

000000: 58:32

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Senioren 3 (TM 50)

00000: 28(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	16:51	33:42	32	8:11	257	9:54	0.50	16:51	33:42	33	8:11	263	9:54
Wechsel S -> R	-	3:54	-	28	2:32	234	2:38	0.50	20:45	41:30	33	10:29	263	12:19
Schwimmen 000	0.50	20:45	41:30	33	10:29	263	12:19	0.50	20:45	41:30	33	10:29	263	12:19
Rad netto	20.00	42:05	2:06	25	11:13	211	17:41	20.50	1:02:50	3:03	33	21:42	263	24:34
Wechsel R -> L	-	1:06	-	17	0:35	129	0:39	20.50	1:03:56	3:07	33	22:09	263	24:48
Rad 000	20.00	43:11	2:09	26	11:40	208	18:02	20.50	1:03:56	3:07	33	22:09	263	24:48
Lauf Ziel	5.00	31:27	6:17	30	11:51	233	31:27	25.50	1:35:23	3:44	28	33:07	241	36:51