



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

John Guenther

000: 1:35:35

00: 154

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 311 (of 343)

00000/0: 242 (of 262)

000000: 58:32

0000:

Senioren 3 (TM 50)

00000: 29(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	13:57	27:53	29	5:17	229	7:00	0.50	13:57	27:53	29	5:17	263	7:00
Wechsel S -> R	-	4:05	-	30	2:43	246	2:49	0.50	18:02	36:04	33	7:46	263	9:36
Schwimmen 000	0.50	18:02	36:04	33	7:46	263	9:36	0.50	18:02	36:04	33	7:46	263	9:36
Rad netto	20.00	51:37	2:34	32	20:45	259	27:13	20.50	1:09:39	3:23	33	28:31	263	31:23
Wechsel R -> L	-	0:57	-	10	0:26	91	0:30	20.50	1:10:36	3:26	33	28:49	263	31:28
Rad 000	20.00	52:34	2:37	31	21:03	258	27:25	20.50	1:10:36	3:26	33	28:49	263	31:28
Lauf Ziel	5.00	24:59	4:59	12	5:23	138	24:59	25.50	1:35:35	3:44	29	33:19	242	37:03