



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Heiko Beck

000: 1:08:10

00: Club TdC

00: 53

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 37 (of 343)

00000/0: 34 (of 262)

000000: 58:32

0000:

Senioren 4 (TM 55)

00000: 2(of 31)

0000000: 1:07:05

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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	10:09	20:18	7	1:08	70	3:12	0.50	10:09	20:18	32	1:08	263	3:12
Wechsel S -> R	-	2:27	-	12	0:46	88	1:11	0.50	12:36	25:11	32	1:34	263	4:10
Schwimmen 000	0.50	12:36	25:11	32	1:34	263	4:10	0.50	12:36	25:11	32	1:34	263	4:10
Rad netto	20.00	33:11	1:39	2	0:09	21	8:47	20.50	45:47	2:14	32	0:38	263	7:31
Wechsel R -> L	-	1:06	-	10	0:28	129	0:39	20.50	46:53	2:17	32	0:50	263	7:45
Rad 000	20.00	34:17	1:42	2	0:19	21	9:08	20.50	46:53	2:17	32	0:50	263	7:45
Lauf Ziel	5.00	21:17	4:15	4	21:17	56	21:17	25.50	1:08:10	2:40	2	1:05	34	9:38