



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

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## Helge Trappel

000: 1:15:00

00: SV Taunusstein-Seitzenhahn

00: 256

00: 25.50 km

00000/000: 104 (of 343)

Lorsch Triathlon 0,5-20,5,0

00000/0: 95 (of 262)

000000: 58:32

0000:

00000: 7(of 31)

Senioren 4 (TM 55)

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	11:22	22:44	13	2:21	129	4:25	0.50	11:22	22:44	32	2:21	263	4:25
Wechsel S -> R	-	2:43	-	17	1:02	137	1:27	0.50	14:05	28:10	32	3:03	263	5:39
Schwimmen 000	0.50	14:05	28:10	32	3:03	263	5:39	0.50	14:05	28:10	32	3:03	263	5:39
Rad netto	20.00	35:48	1:47	7	2:46	80	11:24	20.50	49:53	2:25	32	4:44	263	11:37
Wechsel R -> L	-	1:21	-	12	0:43	182	0:54	20.50	51:14	2:29	32	5:11	263	12:06
Rad 000	20.00	37:09	1:51	9	3:11	88	12:00	20.50	51:14	2:29	32	5:11	263	12:06
Lauf Ziel	5.00	23:46	4:45	11	23:46	114	23:46	25.50	1:15:00	2:56	7	7:55	95	16:28