



# 18 Lorsch Triathlon

Lorsch / 13.08.2023

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Michael Wanner

□□□: 1:18:49

□□: Stimmel-Sports e.V.

□□: 194

□□: 25.50 km

Lorsch Triathlon 0,5-20,5,0

□□□□□/□□□: 157 (of 343)

□□□□□/□: 135 (of 262)

□□□□□□: 58:32

□□□□:

Senioren 4 (TM 55)

□□□□□: 11(of 31)

□□□□□□□: 1:07:05

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□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50     | 11:16    | 22:32        | 12      | 2:15    | 126     | 4:19    | 0.50  | 11:16     | 22:32         | 12      | 2:15    | 263     | 4:19    |
| Wechsel S -> R | -        | 2:01     | -            | 6       | 0:20    | 41      | 0:45    | 0.50  | 13:17     | 26:33         | 32      | 2:15    | 263     | 4:51    |
| Schwimmen □□□  | 0.50     | 13:17    | 26:33        | 32      | 2:15    | 263     | 4:51    | 0.50  | 13:17     | 26:33         | 32      | 2:15    | 263     | 4:51    |
| Rad netto      | 20.00    | 37:13    | 1:51         | 14      | 4:11    | 128     | 12:49   | 20.50 | 50:30     | 2:27          | 32      | 5:21    | 263     | 12:14   |
| Wechsel R -> L | -        | 1:06     | -            | 10      | 0:28    | 129     | 0:39    | 20.50 | 51:36     | 2:31          | 32      | 5:33    | 263     | 12:28   |
| Rad □□□        | 20.00    | 38:19    | 1:54         | 13      | 4:21    | 118     | 13:10   | 20.50 | 51:36     | 2:31          | 32      | 5:33    | 263     | 12:28   |
| Lauf Ziel      | 5.00     | 27:13    | 5:26         | 17      | 27:13   | 178     | 27:13   | 25.50 | 1:18:49   | 3:05          | 11      | 11:44   | 135     | 20:17   |