



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Alf Vittinghoff

000: 1:18:59

00: DJK SSG Bensheim

00: 330

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 159 (of 343)

00000/0: 139 (of 262)

000000: 58:32

0000:

00000: 12(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	9:54	19:48	6	0:53	57	2:57	0.50	9:54	19:48	32	0:53	59	2:57
Wechsel S -> R	-	2:51	-	18	1:10	150	1:35	0.50	12:45	25:30	32	1:43	70	4:19
Schwimmen 000	0.50	12:45	25:30	32	1:43	70	4:19	0.50	12:45	25:30	32	1:43	70	4:19
Rad netto	20.00	39:41	1:59	21	6:39	180	15:17	20.50	52:26	2:33	32	7:17	138	14:10
Wechsel R -> L	-	1:48	-	24	1:10	232	1:21	20.50	54:14	2:38	32	8:11	145	15:06
Rad 000	20.00	41:29	2:04	21	7:31	183	16:20	20.50	54:14	2:38	32	8:11	145	15:06
Lauf Ziel	5.00	24:45	4:57	13	24:45	133	24:45	25.50	1:18:59	3:05	12	11:54	139	20:27