



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Elmar Bindemann

000: 1:20:33

00: 228

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 168 (of 343)

00000/0: 147 (of 262)

000000: 58:32

0000:

00000: 13(of 31)

Senioren 4 (TM 55)

0000000: 1:07:05

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	12:50	25:40	19	3:49	200	5:53	0.50	12:50	25:40	32	3:49	263	5:53
Wechsel S -> R	-	2:16	-	8	0:35	67	1:00	0.50	15:06	30:11	32	4:04	263	6:40
Schwimmen 000	0.50	15:06	30:11	32	4:04	263	6:40	0.50	15:06	30:11	32	4:04	263	6:40
Rad netto	20.00	35:20	1:46	5	2:18	71	10:56	20.50	50:26	2:27	32	5:17	263	12:10
Wechsel R -> L	-	0:39	-	2	0:01	22	0:12	20.50	51:05	2:29	32	5:02	263	11:57
Rad 000	20.00	35:59	1:47	5	2:01	64	10:50	20.50	51:05	2:29	32	5:02	263	11:57
Lauf Ziel	5.00	29:28	5:53	24	29:28	216	29:28	25.50	1:20:33	3:09	13	13:28	147	22:01