



18 Lorsch Triathlon

Lorsch / 13.08.2023

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Bernd Lützkendorf

□□□: 1:21:16

□□: TSV Auerbach

□□: 172

□□: 25.50 km

Lorsch Triathlon 0,5-20,5,0

□□□□□/□□□: 180 (of 343)

□□□□□/□: 158 (of 262)

□□□□□□: 58:32

□□□□:

Senioren 4 (TM 55)

□□□□□: 17(of 31)

□□□□□□□: 1:07:05

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 11:02 | 22:03 | 10 | 2:01 | 118 | 4:05 | 0.50 | 11:02 | 22:03 | 10 | 2:01 | 263 | 4:05 |
| Wechsel S -> R | - | 3:17 | - | 24 | 1:36 | 190 | 2:01 | 0.50 | 14:19 | 28:37 | 32 | 3:17 | 263 | 5:53 |
| Schwimmen □□□ | 0.50 | 14:19 | 28:37 | 32 | 3:17 | 263 | 5:53 | 0.50 | 14:19 | 28:37 | 32 | 3:17 | 263 | 5:53 |
| Rad netto | 20.00 | 37:12 | 1:51 | 13 | 4:10 | 126 | 12:48 | 20.50 | 51:31 | 2:30 | 32 | 6:22 | 263 | 13:15 |
| Wechsel R -> L | - | 1:38 | - | 21 | 1:00 | 221 | 1:11 | 20.50 | 53:09 | 2:35 | 32 | 7:06 | 263 | 14:01 |
| Rad □□□ | 20.00 | 38:50 | 1:56 | 15 | 4:52 | 137 | 13:41 | 20.50 | 53:09 | 2:35 | 32 | 7:06 | 263 | 14:01 |
| Lauf Ziel | 5.00 | 28:07 | 5:37 | 20 | 28:07 | 196 | 28:07 | 25.50 | 1:21:16 | 3:11 | 17 | 14:11 | 158 | 22:44 |