



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

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Christopher Schierk

000: 1:08:33

00: 193

00: 25.50 km

Lorsche Triathlon 0,5-20,5,0

00000/000: 42 (of 343)

00000/0: 39 (of 262)

000000: 58:32

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männliche AK 2 (TM 25)

00000: 7(of 30)

0000000: 1:01:39

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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	9:59	19:57	6	2:47	62	3:02	0.50	9:59	19:57	31	2:47	263	3:02
Wechsel S -> R	-	2:55	-	14	1:39	156	1:39	0.50	12:54	25:48	31	4:26	263	4:28
Schwimmen 000	0.50	12:54	25:48	31	4:26	263	4:28	0.50	12:54	25:48	31	4:26	263	4:28
Rad netto	20.00	35:38	1:46	9	2:52	79	11:14	20.50	48:32	2:22	31	6:39	263	10:16
Wechsel R -> L	-	0:31	-	1	-	4	0:04	20.50	49:03	2:23	31	6:26	263	9:55
Rad 000	20.00	36:09	1:48	8	2:26	69	11:00	20.50	49:03	2:23	31	6:26	263	9:55
Lauf Ziel	5.00	19:30	3:53	7	1:02	19	19:30	25.50	1:08:33	2:41	7	6:54	39	10:01