



# 18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

## Alexander Dietrich

000: 1:24:20

00: DLRG Lorsch

00: 7

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 214 (of 343)

00000/0: 178 (of 262)

000000: 58:32

0000:

Senioren 4 (TM 55)

00000: 19(of 31)

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	9:15	18:30	2	0:14	30	2:18	0.50	9:15	18:30	32	0:14	263	2:18
Wechsel S -> R	-	3:08	-	22	1:27	176	1:52	0.50	12:23	24:45	32	1:21	263	3:57
Schwimmen 000	0.50	12:23	24:45	32	1:21	263	3:57	0.50	12:23	24:45	32	1:21	263	3:57
Rad netto	20.00	40:20	2:00	23	7:18	186	15:56	20.50	52:43	2:34	32	7:34	263	14:27
Wechsel R -> L	-	1:23	-	13	0:45	185	0:56	20.50	54:06	2:38	32	8:03	263	14:58
Rad 000	20.00	41:43	2:05	22	7:45	187	16:34	20.50	54:06	2:38	32	8:03	263	14:58
Lauf Ziel	5.00	30:14	6:02	25	30:14	222	30:14	25.50	1:24:20	3:18	19	17:15	178	25:48