



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Ludger Essing

000: 1:24:55

00: 137

00: 25.50 km

Lorsche Triathlon 0,5-20,5,0

00000/000: 222 (of 343)

00000/0: 183 (of 262)

000000: 58:32

0000:

Senioren 4 (TM 55)

00000: 20(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	15:40	31:19	29	6:39	252	8:43	0.50	15:40	31:19	32	6:39	263	8:43
Wechsel S -> R	-	2:32	-	14	0:51	100	1:16	0.50	18:12	36:23	27	7:10	263	9:46
Schwimmen 000	0.50	18:12	36:23	27	7:10	263	9:46	0.50	18:12	36:23	27	7:10	263	9:46
Rad netto	20.00	36:41	1:50	12	3:39	106	12:17	20.50	54:53	2:40	21	9:44	263	16:37
Wechsel R -> L	-	1:26	-	14	0:48	194	0:59	20.50	56:19	2:44	21	10:16	263	17:11
Rad 000	20.00	38:07	1:54	11	4:09	111	12:58	20.50	56:19	2:44	21	10:16	263	17:11
Lauf Ziel	5.00	28:36	5:43	21	28:36	201	28:36	25.50	1:24:55	3:19	20	17:50	183	26:23