



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Ulrich Zimmer

000: 1:25:59

00: 37

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 239 (of 343)

00000/0: 196 (of 262)

000000: 58:32

0000:

00000: 22(of 31)

Senioren 4 (TM 55)

0000000: 1:07:05

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0000

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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	12:43	25:26	18	3:42	190	5:46	0.50	12:43	25:26	32	3:42	191	5:46
Wechsel S -> R	-	2:41	-	15	1:00	129	1:25	0.50	15:24	30:48	32	4:22	185	6:58
Schwimmen 000	0.50	15:24	30:48	32	4:22	185	6:58	0.50	15:24	30:48	32	4:22	185	6:58
Rad netto	20.00	40:32	2:01	24	7:30	191	16:08	20.50	55:56	2:43	32	10:47	263	17:40
Wechsel R -> L	-	2:00	-	28	1:22	248	1:33	20.50	57:56	2:49	32	11:53	263	18:48
Rad 000	20.00	42:32	2:07	25	8:34	199	17:23	20.50	57:56	2:49	32	11:53	263	18:48
Lauf Ziel	5.00	28:03	5:36	19	28:03	194	28:03	25.50	1:25:59	3:22	22	18:54	196	27:27