



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Mario Zubrod

000: 1:28:54

00: 48

00: 25.50 km

Lorsche Triathlon 0,5-20,5,0

00000/000: 268 (of 343)

00000/0: 217 (of 262)

000000: 58:32

0000:

Senioren 4 (TM 55)

00000: 26(of 31)

0000000: 1:07:05

0000

0000

000

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	11:25	22:49	14	2:24	133	4:28	0.50	11:25	22:49	32	2:24	263	4:28
Wechsel S -> R	-	3:46	-	28	2:05	226	2:30	0.50	15:11	30:22	32	4:09	263	6:45
Schwimmen 000	0.50	15:11	30:22	32	4:09	263	6:45	0.50	15:11	30:22	32	4:09	263	6:45
Rad netto	20.00	40:02	2:00	22	7:00	184	15:38	20.50	55:13	2:41	32	10:04	263	16:57
Wechsel R -> L	-	1:54	-	27	1:16	243	1:27	20.50	57:07	2:47	32	11:04	263	17:59
Rad 000	20.00	41:56	2:05	23	7:58	193	16:47	20.50	57:07	2:47	32	11:04	263	17:59
Lauf Ziel	5.00	31:47	6:21	28	31:47	238	31:47	25.50	1:28:54	3:29	26	21:49	217	30:22