



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Michael Voos

000: 1:37:21

00: 26

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 322 (of 343)

00000/0: 248 (of 262)

000000: 58:32

0000:

Senioren 4 (TM 55)

00000: 27(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	14:35	29:10	27	5:34	239	7:38	0.50	14:35	29:10	32	5:34	263	7:38
Wechsel S -> R	-	5:26	-	31	3:45	261	4:10	0.50	20:01	40:01	32	8:59	263	11:35
Schwimmen 000	0.50	20:01	40:01	32	8:59	263	11:35	0.50	20:01	40:01	32	8:59	263	11:35
Rad netto	20.00	45:35	2:16	28	12:33	242	21:11	20.50	1:05:36	3:11	32	20:27	263	27:20
Wechsel R -> L	-	2:39	-	29	2:01	257	2:12	20.50	1:08:15	3:19	32	22:12	263	29:07
Rad 000	20.00	48:14	2:24	28	14:16	248	23:05	20.50	1:08:15	3:19	32	22:12	263	29:07
Lauf Ziel	5.00	29:06	5:49	22	29:06	206	29:06	25.50	1:37:21	3:49	27	30:16	248	38:49