



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Ralf Bitsch

000: 1:38:49

00: 150

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 325 (of 343)

00000/0: 251 (of 262)

000000: 58:32

0000:

Senioren 4 (TM 55)

00000: 29(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	13:07	26:14	21	4:06	210	6:10	0.50	13:07	26:14	32	4:06	210	6:10
Wechsel S -> R	-	4:09	-	30	2:28	248	2:53	0.50	17:16	34:31	32	6:14	263	8:50
Schwimmen 000	0.50	17:16	34:31	32	6:14	263	8:50	0.50	17:16	34:31	32	6:14	263	8:50
Rad netto	20.00	47:55	2:23	30	14:53	253	23:31	20.50	1:05:11	3:10	28	20:02	263	26:55
Wechsel R -> L	-	1:29	-	16	0:51	202	1:02	20.50	1:06:40	3:15	28	20:37	263	27:32
Rad 000	20.00	49:24	2:28	29	15:26	253	24:15	20.50	1:06:40	3:15	28	20:37	263	27:32
Lauf Ziel	5.00	32:09	6:25	30	32:09	242	32:09	25.50	1:38:49	3:52	29	31:44	251	40:17