



18 Lorsche Triathlon

Lorsch / 13.08.2023

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Michael Roth

000: 1:09:12

00: 4

00: 25.50 km

Lorsche Triathlon 0,5-20,5,0

00000/000: 47 (of 343)

00000/0: 44 (of 262)

000000: 58:32

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Senioren 5 (TM 60)

00000: 1(of 20)

0000000: 1:09:12

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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	9:37	19:14	1	-	44	2:40	0.50	9:37	19:14	1	-	44	2:40
Wechsel S -> R	-	1:59	-	1	-	36	0:43	0.50	11:36	23:11	1	-	263	3:10
Schwimmen 000	0.50	11:36	23:11	1	-	263	3:10	0.50	11:36	23:11	1	-	263	3:10
Rad netto	20.00	35:14	1:45	2	0:25	70	10:50	20.50	46:50	2:17	1	-	263	8:34
Wechsel R -> L	-	1:13	-	7	0:33	157	0:46	20.50	48:03	2:20	1	-	263	8:55
Rad 000	20.00	36:27	1:49	2	0:32	76	11:18	20.50	48:03	2:20	1	-	263	8:55
Lauf Ziel	5.00	21:09	4:13	2	0:31	53	21:09	25.50	1:09:12	2:42	1	-	44	10:40