



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Johan Willems

000: 1:11:59

00: 216

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 69 (of 343)

00000/0: 65 (of 262)

000000: 58:32

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Senioren 5 (TM 60)

00000: 3(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	10:58	21:56	4	1:21	110	4:01	0.50	10:58	21:56	21	1:21	110	4:01
Wechsel S -> R	-	1:59	-	1	-	36	0:43	0.50	12:57	25:53	21	1:21	263	4:31
Schwimmen 000	0.50	12:57	25:53	21	1:21	263	4:31	0.50	12:57	25:53	21	1:21	263	4:31
Rad netto	20.00	37:06	1:51	8	2:17	123	12:42	20.50	50:03	2:26	21	3:13	263	11:47
Wechsel R -> L	-	1:18	-	8	0:38	173	0:51	20.50	51:21	2:30	21	3:18	263	12:13
Rad 000	20.00	38:24	1:55	6	2:29	121	13:15	20.50	51:21	2:30	21	3:18	263	12:13
Lauf Ziel	5.00	20:38	4:07	1	-	40	20:38	25.50	1:11:59	2:49	3	2:47	65	13:27