



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Walter Mayer

000: 1:21:12

00: Activity Fitness

00: 40

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 176 (of 343)

00000/0: 154 (of 262)

000000: 58:32

0000:

Senioren 5 (TM 60)

00000: 6(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	12:25	24:49	12	2:48	176	5:28	0.50	12:25	24:49	12	2:48	263	5:28
Wechsel S -> R	-	2:38	-	6	0:39	120	1:22	0.50	15:03	30:06	10	3:27	263	6:37
Schwimmen 000	0.50	15:03	30:06	10	3:27	263	6:37	0.50	15:03	30:06	10	3:27	263	6:37
Rad netto	20.00	39:30	1:58	11	4:41	173	15:06	20.50	54:33	2:39	9	7:43	263	16:17
Wechsel R -> L	-	0:40	-	1	-	27	0:13	20.50	55:13	2:41	9	7:10	263	16:05
Rad 000	20.00	40:10	2:00	11	4:15	170	15:01	20.50	55:13	2:41	9	7:10	263	16:05
Lauf Ziel	5.00	25:59	5:11	8	5:21	165	25:59	25.50	1:21:12	3:11	6	12:00	154	22:40