



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Luca Grimm

000: 1:11:45

00: 41

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 67 (of 343)

00000/0: 63 (of 262)

000000: 58:32

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männliche AK 2 (TM 25)

00000: 9(of 30)

0000000: 1:01:39

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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	10:20	20:40	8	3:08	75	3:23	0.50	10:20	20:40	31	3:08	263	3:23
Wechsel S -> R	-	3:31	-	26	2:15	211	2:15	0.50	13:51	27:41	31	5:23	263	5:25
Schwimmen 000	0.50	13:51	27:41	31	5:23	263	5:25	0.50	13:51	27:41	31	5:23	263	5:25
Rad netto	20.00	36:13	1:48	11	3:27	92	11:49	20.50	50:04	2:26	31	8:11	263	11:48
Wechsel R -> L	-	1:18	-	22	0:47	173	0:51	20.50	51:22	2:30	31	8:45	263	12:14
Rad 000	20.00	37:31	1:52	12	3:48	96	12:22	20.50	51:22	2:30	31	8:45	263	12:14
Lauf Ziel	5.00	20:23	4:04	8	1:55	34	20:23	25.50	1:11:45	2:48	9	10:06	63	13:13