



18 Lorsch Triathlon

Lorsch / 13.08.2023

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Sascha Achim

□□□: 1:23:28

□□: 337

□□: 25.50 km

Lorsch Triathlon 0,5-20,5,0

□□□□□/□□□: 200 (of 343)

□□□□□/□: 171 (of 262)

□□□□□□: 58:32

□□□□:

Senioren 5 (TM 60)

□□□□□: 8(of 20)

□□□□□□□: 1:09:12

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 15:08 | 30:15 | 19 | 5:31 | 247 | 8:11 | 0.50 | 15:08 | 30:15 | 21 | 5:31 | 247 | 8:11 |
| Wechsel S -> R | - | 3:41 | - | 13 | 1:42 | 224 | 2:25 | 0.50 | 18:49 | 37:37 | 21 | 7:13 | 250 | 10:23 |
| Schwimmen □□□ | 0.50 | 18:49 | 37:37 | 21 | 7:13 | 250 | 10:23 | 0.50 | 18:49 | 37:37 | 21 | 7:13 | 250 | 10:23 |
| Rad netto | 20.00 | 36:44 | 1:50 | 6 | 1:55 | 111 | 12:20 | 20.50 | 55:33 | 2:42 | 21 | 8:43 | 190 | 17:17 |
| Wechsel R -> L | - | 2:29 | - | 18 | 1:49 | 256 | 2:02 | 20.50 | 58:02 | 2:49 | 21 | 9:59 | 201 | 18:54 |
| Rad □□□ | 20.00 | 39:13 | 1:57 | 9 | 3:18 | 146 | 14:04 | 20.50 | 58:02 | 2:49 | 21 | 9:59 | 201 | 18:54 |
| Lauf Ziel | 5.00 | 25:26 | 5:05 | 7 | 4:48 | 151 | 25:26 | 25.50 | 1:23:28 | 3:16 | 8 | 14:16 | 171 | 24:56 |