



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

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## Ralf Rohde

□□□: 1:29:28

□□: Kath. Kirchenmusikverein Lampertheim

□□: 145

□□: 25.50 km

Lorsche Triathlon 0,5-20,5,0

□□□□□/□□□: 274 (of 343)

□□□□□/□: 220 (of 262)

□□□□□□: 58:32

□□□□:

Senioren 5 (TM 60)

□□□□□: 14(of 20)

□□□□□□□: 1:09:12

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□□□□

□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| 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 | -        | 3:48     | -            | 15      | 1:49    | 228     | 2:32    | 0.50  | 14:46     | 29:32         | 21      | 3:10    | 263     | 6:20    |
| Schwimmen □□□  | 0.50     | 14:46    | 29:32        | 21      | 3:10    | 263     | 6:20    | 0.50  | 14:46     | 29:32         | 21      | 3:10    | 263     | 6:20    |
| Rad netto      | 20.00    | 39:57    | 1:59         | 12      | 5:08    | 182     | 15:33   | 20.50 | 54:43     | 2:40          | 21      | 7:53    | 263     | 16:27   |
| Wechsel R -> L | -        | 3:01     | -            | 19      | 2:21    | 258     | 2:34    | 20.50 | 57:44     | 2:48          | 21      | 9:41    | 263     | 18:36   |
| Rad □□□        | 20.00    | 42:58    | 2:08         | 13      | 7:03    | 205     | 17:49   | 20.50 | 57:44     | 2:48          | 21      | 9:41    | 263     | 18:36   |
| Lauf Ziel      | 5.00     | 31:44    | 6:20         | 16      | 11:06   | 237     | 31:44   | 25.50 | 1:29:28   | 3:30          | 14      | 20:16   | 220     | 30:56   |