



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Joachim Fahlke

000: 1:30:23

00: 207

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 280 (of 343)

00000/0: 225 (of 262)

000000: 58:32

0000:

Senioren 5 (TM 60)

00000: 15(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	10:53	21:45	3	1:16	105	3:56	0.50	10:53	21:45	21	1:16	263	3:56
Wechsel S -> R	-	2:54	-	9	0:55	153	1:38	0.50	13:47	27:33	21	2:11	263	5:21
Schwimmen 000	0.50	13:47	27:33	21	2:11	263	5:21	0.50	13:47	27:33	21	2:11	263	5:21
Rad netto	20.00	44:16	2:12	16	9:27	233	19:52	20.50	58:03	2:49	21	11:13	263	19:47
Wechsel R -> L	-	0:52	-	2	0:12	67	0:25	20.50	58:55	2:52	21	10:52	263	19:47
Rad 000	20.00	45:08	2:15	16	9:13	231	19:59	20.50	58:55	2:52	21	10:52	263	19:47
Lauf Ziel	5.00	31:28	6:17	15	10:50	234	31:28	25.50	1:30:23	3:32	15	21:11	225	31:51