



18 Lorsche Triathlon

Lorsch / 13.08.2023

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Simon Stefanitsch

□□□: 1:14:31

□□: 175

□□: 25.50 km

Lorsch Triathlon 0,5-20,5,0

□□□□□/□□□: 97 (of 343)

□□□□□/□: 89 (of 262)

□□□□□□: 58:32

□□□□:

männliche AK 2 (TM 25)

□□□□□: 10(of 30)

□□□□□□□: 1:01:39

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 10:48 | 21:36 | 13 | 3:36 | 102 | 3:51 | 0.50 | 10:48 | 21:36 | 31 | 3:36 | 263 | 3:51 | |
| Wechsel S -> R | - | 2:00 | - | 5 | 0:44 | 39 | 0:44 | 0.50 | 12:48 | 25:36 | 31 | 4:20 | 263 | 4:22 | |
| Schwimmen □□□ | 0.50 | 12:48 | 25:36 | 31 | 4:20 | 263 | 4:22 | 0.50 | 12:48 | 25:36 | 31 | 4:20 | 263 | 4:22 | |
| Rad netto | 20.00 | 34:36 | 1:43 | 7 | 1:50 | 58 | 10:12 | 20.50 | 47:24 | 2:18 | 31 | 5:31 | 263 | 9:08 | |
| Wechsel R -> L | - | 1:35 | - | 30 | 1:04 | 218 | 1:08 | 20.50 | 48:59 | 2:23 | 31 | 6:22 | 263 | 9:51 | |
| Rad □□□ | 20.00 | 36:11 | 1:48 | 9 | 2:28 | 71 | 11:02 | 20.50 | 48:59 | 2:23 | 31 | 6:22 | 263 | 9:51 | |
| Lauf Ziel | 5.00 | 25:32 | 5:06 | 21 | 7:04 | 154 | 25:32 | 25.50 | 1:14:31 | 2:55 | 10 | 12:52 | 89 | 15:59 | |