



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Uwe Stoof

000: 1:34:17

00: SG Poseidon Eppelheim

00: 17

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 305 (of 343)

00000/0: 236 (of 262)

000000: 58:32

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Senioren 6 (TM 65)

00000: 4(of 6)

0000000: 1:18:26

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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	10:13	20:26	1	-	72	3:16	0.50	10:13	20:26	1	-	263	3:16
Wechsel S -> R	-	3:30	-	4	0:50	208	2:14	0.50	13:43	27:26	1	-	263	5:17
Schwimmen 000	0.50	13:43	27:26	1	-	263	5:17	0.50	13:43	27:26	1	-	263	5:17
Rad netto	20.00	41:46	2:05	3	4:54	209	17:22	20.50	55:29	2:42	7	3:36	263	17:13
Wechsel R -> L	-	1:49	-	5	1:15	234	1:22	20.50	57:18	2:47	7	3:51	263	18:10
Rad 000	20.00	43:35	2:10	3	5:09	214	18:26	20.50	57:18	2:47	7	3:51	263	18:10
Lauf Ziel	5.00	36:59	7:23	5	36:59	255	36:59	25.50	1:34:17	3:41	4	15:51	236	35:45