



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Andreas Meusel

000: 1:44:26

00: DLRG Lorsch

00: 14

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 334 (of 343)

00000/0: 255 (of 262)

000000: 58:32

0000:

Senioren 6 (TM 65)

00000: 5(of 6)

0000000: 1:18:26

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	11:37	23:14	2	1:24	140	4:40	0.50	11:37	23:14	2	1:24	263	4:40
Wechsel S -> R	-	4:03	-	6	1:23	245	2:47	0.50	15:40	31:19	3	1:57	263	7:14
Schwimmen 000	0.50	15:40	31:19	3	1:57	263	7:14	0.50	15:40	31:19	3	1:57	263	7:14
Rad netto	20.00	44:00	2:12	4	7:08	231	19:36	20.50	59:40	2:54	7	7:47	263	21:24
Wechsel R -> L	-	2:28	-	6	1:54	255	2:01	20.50	1:02:08	3:01	7	8:41	263	23:00
Rad 000	20.00	46:28	2:19	4	8:02	241	21:19	20.50	1:02:08	3:01	7	8:41	263	23:00
Lauf Ziel	5.00	42:18	8:27	6	42:18	261	42:18	25.50	1:44:26	4:05	5	26:00	255	45:54