



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Kurt Berndt

00: 117

00: 25.50 km

Lorsche Triathlon 0,5-20,5,0

0000:

Senioren 6 (TM 65)

00000/000: DNF (of 343)

00000/0: DNF (of 262)

000000: 58:32

00000: DNF(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	15:06	30:11	5	4:53	245	8:09	0.50	15:06	30:11	7	4:53	263	8:09
Wechsel S -> R	-	3:56	-	5	1:16	236	2:40	0.50	19:02	38:04	7	5:19	263	10:36
Schwimmen 000	0.50	19:02	38:04	7	5:19	263	10:36	0.50	19:02	38:04	7	5:19	263	10:36
Rad netto	20.00	46:27	2:19	6	9:35	246	22:03	20.50	1:05:29	3:11	7	13:36	263	27:13
Wechsel R -> L	-	0:57	-	2	0:23	91	0:30	20.50	1:06:26	3:14	7	12:59	263	27:18
Rad 000	20.00	47:24	2:22	5	8:58	244	22:15	20.50	1:06:26	3:14	7	12:59	263	27:18
Lauf Ziel	5.00		0:00	1	-	3	-	25.50	-	-	-	-	-	-