



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Joshua Ruff

000: 1:14:40

00: 325

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 98 (of 343)

00000/0: 90 (of 262)

000000: 58:32

0000:

männliche AK 2 (TM 25)

00000: 11(of 30)

0000000: 1:01:39

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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	10:58	21:56	14	3:46	110	4:01	0.50	10:58	21:56	14	3:46	110	4:01
Wechsel S -> R	-	3:20	-	23	2:04	195	2:04	0.50	14:18	28:36	16	5:50	129	5:52
Schwimmen 000	0.50	14:18	28:36	16	5:50	129	5:52	0.50	14:18	28:36	16	5:50	129	5:52
Rad netto	20.00	37:21	1:52	15	4:35	131	12:57	20.50	51:39	2:31	15	9:46	127	13:23
Wechsel R -> L	-	0:40	-	5	0:09	27	0:13	20.50	52:19	2:33	14	9:42	113	13:11
Rad 000	20.00	38:01	1:54	14	4:18	106	12:52	20.50	52:19	2:33	14	9:42	113	13:11
Lauf Ziel	5.00	22:21	4:28	10	3:53	76	22:21	25.50	1:14:40	2:55	11	13:01	90	16:08