



# 18 Lorsch Triathlon

Lorsch / 13.08.2023

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Dominique Bost

□□□: 1:44:21

□□: 70

□□: 25.50 km

Lorsch Triathlon 0,5-20,5,0

□□□□□/□□□: 333 (of 343)

□□□□□/□: 79 (of 81)

□□□□□□: 1:05:08

□□□□:

weibliche AK 2 (TW 25)

□□□□□: 13(of 13)

□□□□□□□: 1:07:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	14:23	28:45	12	6:30	72	11:23	0.50	14:23	28:45	14	6:30	72	11:23
Wechsel S -> R	-	4:14	-	13	2:14	77	4:14	0.50	18:37	37:14	14	8:44	75	18:12
Schwimmen □□□	0.50	18:37	37:14	14	8:44	75	18:12	0.50	18:37	37:14	14	8:44	75	18:12
Rad netto	20.00	46:40	2:19	9	10:27	72	12:39	20.50	1:05:17	3:11	14	18:52	73	24:32
Wechsel R -> L	-	0:54	-	4	0:21	21	0:21	20.50	1:06:11	3:13	14	18:51	72	23:33
Rad □□□	20.00	47:34	2:22	9	10:26	72	12:35	20.50	1:06:11	3:13	14	18:51	72	23:33
Lauf Ziel	5.00	38:10	7:37	13	18:06	79	38:10	25.50	1:44:21	4:05	13	36:57	79	39:13