



# 18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Max Scharf

000: 1:22:39

00: 372

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 189 (of 343)

00000/0: 163 (of 262)

000000: 58:32

0000:

männliche AK 2 (TM 25)

00000: 21(of 30)

0000000: 1:01:39

0000

0000

000

| 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  | 9:37  | 19:14  | 5  | 2:25  | 44  | 2:40  | 0.50  | 9:37    | 19:14  | 5  | 2:25  | 44  | 2:40  |
| Wechsel S -> R | -     | 2:41  | -      | 12 | 1:25  | 129 | 1:25  | 0.50  | 12:18   | 24:36  | 7  | 3:50  | 51  | 3:52  |
| Schwimmen 000  | 0.50  | 12:18 | 24:36  | 7  | 3:50  | 51  | 3:52  | 0.50  | 12:18   | 24:36  | 7  | 3:50  | 51  | 3:52  |
| Rad netto      | 20.00 | 44:12 | 2:12   | 28 | 11:26 | 232 | 19:48 | 20.50 | 56:30   | 2:45   | 23 | 14:37 | 198 | 18:14 |
| Wechsel R -> L | -     | 0:43  | -      | 6  | 0:12  | 35  | 0:16  | 20.50 | 57:13   | 2:47   | 21 | 14:36 | 191 | 18:05 |
| Rad 000        | 20.00 | 44:55 | 2:14   | 28 | 11:12 | 229 | 19:46 | 20.50 | 57:13   | 2:47   | 21 | 14:36 | 191 | 18:05 |
| Lauf Ziel      | 5.00  | 25:26 | 5:05   | 20 | 6:58  | 151 | 25:26 | 25.50 | 1:22:39 | 3:14   | 21 | 21:00 | 163 | 24:07 |