



# 18 Lorsch Triathlon

Lorsch / 13.08.2023

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Lucas Votruba

000: 1:26:14

00: 197

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 241 (of 343)

00000/0: 198 (of 262)

000000: 58:32

0000:

männliche AK 2 (TM 25)

00000: 24(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	14:04	28:07	29	6:52	231	7:07	0.50	14:04	28:07	31	6:52	263	7:07
Wechsel S -> R	-	3:18	-	22	2:02	192	2:02	0.50	17:22	34:44	31	8:54	263	8:56
Schwimmen 000	0.50	17:22	34:44	31	8:54	263	8:56	0.50	17:22	34:44	31	8:54	263	8:56
Rad netto	20.00	38:33	1:55	19	5:47	161	14:09	20.50	55:55	2:43	31	14:02	263	17:39
Wechsel R -> L	-	1:33	-	29	1:02	213	1:06	20.50	57:28	2:48	31	14:51	263	18:20
Rad 000	20.00	40:06	2:00	20	6:23	168	14:57	20.50	57:28	2:48	31	14:51	263	18:20
Lauf Ziel	5.00	28:46	5:45	24	10:18	204	28:46	25.50	1:26:14	3:22	24	24:35	198	27:42