



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Philipp Hempel

000: 58:32

00: Deutsche Bahn

00: 332

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 1 (of 343)

00000/0: 1 (of 262)

000000: 58:32

0000:

männliche AK 3 (TM 30)

00000: 1(of 33)

0000000: 58:32

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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 | 6:57 | 13:54 | 1 | - | 1 | - | 0.50 | 6:57 | 13:54 | 1 | - | 1 | - |
| Wechsel S -> R | - | 1:29 | - | 1 | - | 3 | 0:13 | 0.50 | 8:26 | 16:52 | 1 | - | 1 | - |
| Schwimmen 000 | 0.50 | 8:26 | 16:52 | 1 | - | 1 | - | 0.50 | 8:26 | 16:52 | 1 | - | 1 | - |
| Rad netto | 20.00 | 29:50 | 1:29 | 1 | - | 2 | 5:26 | 20.50 | 38:16 | 1:52 | 1 | - | 1 | - |
| Wechsel R -> L | - | 0:52 | - | 8 | 0:15 | 67 | 0:25 | 20.50 | 39:08 | 1:54 | 1 | - | 1 | - |
| Rad 000 | 20.00 | 30:42 | 1:32 | 1 | - | 2 | 5:33 | 20.50 | 39:08 | 1:54 | 1 | - | 1 | - |
| Lauf Ziel | 5.00 | 19:24 | 3:52 | 2 | 0:34 | 18 | 19:24 | 25.50 | 58:32 | 2:17 | 1 | - | 1 | - |