



18 Lorsche Triathlon

Lorsch / 13.08.2023

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Christopher Weis

000: 1:06:04

00: 212

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 22 (of 343)

00000/0: 20 (of 262)

000000: 58:32

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männliche AK 3 (TM 30)

00000: 3(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	10:06	20:11	10	3:09	65	3:09	0.50	10:06	20:11	34	3:09	263	3:09
Wechsel S -> R	-	2:14	-	9	0:45	60	0:58	0.50	12:20	24:40	34	3:54	53	3:54
Schwimmen 000	0.50	12:20	24:40	34	3:54	53	3:54	0.50	12:20	24:40	34	3:54	53	3:54
Rad netto	20.00	30:14	1:30	2	0:24	3	5:50	20.50	42:34	2:04	34	4:18	263	4:18
Wechsel R -> L	-	1:37	-	30	1:00	220	1:10	20.50	44:11	2:09	34	5:03	263	5:03
Rad 000	20.00	31:51	1:35	2	1:09	5	6:42	20.50	44:11	2:09	34	5:03	263	5:03
Lauf Ziel	5.00	21:53	4:22	10	3:03	65	21:53	25.50	1:06:04	2:35	3	7:32	20	7:32