



# 18 Lorsch Triathlon

Lorsch / 13.08.2023

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## Dominik Kupka

□□□: 1:07:42

□□: Awake Personal Training

□□: 134

□□: 25.50 km

Lorsch Triathlon 0,5-20,5,0

□□□□□/□□□: 32 (of 343)

□□□□□/□: 29 (of 262)

□□□□□□: 58:32

□□□□:

männliche AK 3 (TM 30)

□□□□□: 4(of 33)

□□□□□□□: 58:32

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□     | □□□   | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 0.50     | 10:03    | 20:06        | 9       | 3:06    | 63      | 3:06    | 0.50  | 10:03   | 20:06 | 34      | 3:06    | 263     | 3:06    |
| Wechsel S -> R | -        | 2:24     | -            | 11      | 0:55    | 78      | 1:08    | 0.50  | 12:27   | 24:53 | 34      | 4:01    | 263     | 4:01    |
| Schwimmen □□□  | 0.50     | 12:27    | 24:53        | 34      | 4:01    | 263     | 4:01    | 0.50  | 12:27   | 24:53 | 34      | 4:01    | 263     | 4:01    |
| Rad netto      | 20.00    | 34:06    | 1:42         | 5       | 4:16    | 39      | 9:42    | 20.50 | 46:33   | 2:16  | 34      | 8:17    | 263     | 8:17    |
| Wechsel R -> L | -        | 1:11     | -            | 22      | 0:34    | 149     | 0:44    | 20.50 | 47:44   | 2:19  | 34      | 8:36    | 263     | 8:36    |
| Rad □□□        | 20.00    | 35:17    | 1:45         | 4       | 4:35    | 40      | 10:08   | 20.50 | 47:44   | 2:19  | 34      | 8:36    | 263     | 8:36    |
| Lauf Ziel      | 5.00     | 19:58    | 3:59         | 4       | 1:08    | 29      | 19:58   | 25.50 | 1:07:42 | 2:39  | 4       | 9:10    | 29      | 9:10    |