



# 18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Mario Weis

000: 1:08:50

00: 211

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 43 (of 343)

00000/0: 40 (of 262)

000000: 58:32

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männliche AK 3 (TM 30)

00000: 6(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	11:30	23:00	20	4:33	136	4:33	0.50	11:30	23:00	34	4:33	263	4:33
Wechsel S -> R	-	2:09	-	7	0:40	55	0:53	0.50	13:39	27:18	34	5:13	263	5:13
Schwimmen 000	0.50	13:39	27:18	34	5:13	263	5:13	0.50	13:39	27:18	34	5:13	263	5:13
Rad netto	20.00	33:31	1:40	3	3:41	26	9:07	20.50	47:10	2:18	34	8:54	263	8:54
Wechsel R -> L	-	1:54	-	32	1:17	243	1:27	20.50	49:04	2:23	34	9:56	263	9:56
Rad 000	20.00	35:25	1:46	6	4:43	48	10:16	20.50	49:04	2:23	34	9:56	263	9:56
Lauf Ziel	5.00	19:46	3:57	3	0:56	25	19:46	25.50	1:08:50	2:41	6	10:18	40	10:18