



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

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Christoph Schönauer

000: 1:10:49

00: 166

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 60 (of 343)

00000/0: 56 (of 262)

000000: 58:32

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männliche AK 3 (TM 30)

00000: 7(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	9:55	19:49	8	2:58	60	2:58	0.50	9:55	19:49	34	2:58	263	2:58
Wechsel S -> R	-	2:32	-	14	1:03	100	1:16	0.50	12:27	24:53	34	4:01	263	4:01
Schwimmen 000	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	34:53	1:44	8	5:03	65	10:29	20.50	47:20	2:18	34	9:04	263	9:04
Wechsel R -> L	-	1:16	-	26	0:39	165	0:49	20.50	48:36	2:22	34	9:28	263	9:28
Rad 000	20.00	36:09	1:48	9	5:27	70	11:00	20.50	48:36	2:22	34	9:28	263	9:28
Lauf Ziel	5.00	22:13	4:26	11	3:23	73	22:13	25.50	1:10:49	2:46	7	12:17	56	12:17