



# 18 Lorsch Triathlon

Lorsch / 13.08.2023

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Markus Antoni

000: 1:11:40

00: DLRG Bensheim/Heppenheim

00: 248

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 66 (of 343)

00000/0: 62 (of 262)

000000: 58:32

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männliche AK 3 (TM 30)

00000: 9(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	9:28	18:56	4	2:31	37	2:31	0.50	9:28	18:56	34	2:31	263	2:31
Wechsel S -> R	-	1:57	-	4	0:28	33	0:41	0.50	11:25	22:49	34	2:59	263	2:59
Schwimmen 000	0.50	11:25	22:49	34	2:59	263	2:59	0.50	11:25	22:49	34	2:59	263	2:59
Rad netto	20.00	35:55	1:47	11	6:05	83	11:31	20.50	47:20	2:18	34	9:04	263	9:04
Wechsel R -> L	-	0:40	-	4	0:03	27	0:13	20.50	48:00	2:20	34	8:52	263	8:52
Rad 000	20.00	36:35	1:49	11	5:53	77	11:26	20.50	48:00	2:20	34	8:52	263	8:52
Lauf Ziel	5.00	23:40	4:44	18	4:50	112	23:40	25.50	1:11:40	2:48	9	13:08	62	13:08