



18 Lorsche Triathlon

Lorsch / 13.08.2023

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Marc Richter

000: 1:12:40

00: 324

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 81 (of 343)

00000/0: 76 (of 262)

000000: 58:32

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männliche AK 3 (TM 30)

00000: 12(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	11:23	22:45	18	4:26	130	4:26	0.50	11:23	22:45	34	4:26	263	4:26
Wechsel S -> R	-	2:54	-	21	1:25	153	1:38	0.50	14:17	28:33	34	5:51	263	5:51
Schwimmen 000	0.50	14:17	28:33	34	5:51	263	5:51	0.50	14:17	28:33	34	5:51	263	5:51
Rad netto	20.00	33:43	1:41	4	3:53	27	9:19	20.50	48:00	2:20	34	9:44	263	9:44
Wechsel R -> L	-	1:03	-	18	0:26	121	0:36	20.50	49:03	2:23	34	9:55	263	9:55
Rad 000	20.00	34:46	1:44	3	4:04	32	9:37	20.50	49:03	2:23	34	9:55	263	9:55
Lauf Ziel	5.00	23:37	4:43	17	4:47	110	23:37	25.50	1:12:40	2:50	12	14:08	76	14:08