



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Martin Brüggemann

000: 1:16:16

00: 366

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 119 (of 343)

00000/0: 107 (of 262)

000000: 58:32

0000:

männliche AK 3 (TM 30)

00000: 15(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 | 12:35 | 25:10 | 26 | 5:38 | 187 | 5:38 | 0.50 | 12:35 | 25:10 | 26 | 5:38 | 188 | 5:38 |
| Wechsel S -> R | - | 2:33 | - | 15 | 1:04 | 103 | 1:17 | 0.50 | 15:08 | 30:15 | 25 | 6:42 | 172 | 6:42 |
| Schwimmen 000 | 0.50 | 15:08 | 30:15 | 25 | 6:42 | 172 | 6:42 | 0.50 | 15:08 | 30:15 | 25 | 6:42 | 172 | 6:42 |
| Rad netto | 20.00 | 37:15 | 1:51 | 14 | 7:25 | 129 | 12:51 | 20.50 | 52:23 | 2:33 | 18 | 14:07 | 137 | 14:07 |
| Wechsel R -> L | - | 1:30 | - | 29 | 0:53 | 205 | 1:03 | 20.50 | 53:53 | 2:37 | 17 | 14:45 | 138 | 14:45 |
| Rad 000 | 20.00 | 38:45 | 1:56 | 14 | 8:03 | 133 | 13:36 | 20.50 | 53:53 | 2:37 | 17 | 14:45 | 138 | 14:45 |
| Lauf Ziel | 5.00 | 22:23 | 4:28 | 12 | 3:33 | 77 | 22:23 | 25.50 | 1:16:16 | 2:59 | 15 | 17:44 | 107 | 17:44 |