



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Jannis Ludwig

000: 1:16:33

00: 239

00: 25.50 km

Lorsche Triathlon 0,5-20,5,0

00000/000: 124 (of 343)

00000/0: 111 (of 262)

000000: 58:32

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männliche AK 3 (TM 30)

00000: 16(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	12:07	24:14	22	5:10	165	5:10	0.50	12:07	24:14	34	5:10	263	5:10
Wechsel S -> R	-	4:10	-	33	2:41	249	2:54	0.50	16:17	32:34	34	7:51	263	7:51
Schwimmen 000	0.50	16:17	32:34	34	7:51	263	7:51	0.50	16:17	32:34	34	7:51	263	7:51
Rad netto	20.00	38:31	1:55	20	8:41	160	14:07	20.50	54:48	2:40	34	16:32	263	16:32
Wechsel R -> L	-	0:53	-	10	0:16	71	0:26	20.50	55:41	2:42	34	16:33	263	16:33
Rad 000	20.00	39:24	1:58	20	8:42	151	14:15	20.50	55:41	2:42	34	16:33	263	16:33
Lauf Ziel	5.00	20:52	4:10	6	2:02	45	20:52	25.50	1:16:33	3:00	16	18:01	111	18:01