



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

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Rastislav Cervený

000: 1:17:03

00: 369

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 130 (of 343)

00000/0: 115 (of 262)

000000: 58:32

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männliche AK 3 (TM 30)

00000: 17(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	13:37	27:14	32	6:40	224	6:40	0.50	13:37	27:14	32	6:40	224	6:40
Wechsel S -> R	-	1:49	-	3	0:20	24	0:33	0.50	15:26	30:52	27	7:00	188	7:00
Schwimmen 000	0.50	15:26	30:52	27	7:00	188	7:00	0.50	15:26	30:52	27	7:00	188	7:00
Rad netto	20.00	38:18	1:54	19	8:28	156	13:54	20.50	53:44	2:37	19	15:28	158	15:28
Wechsel R -> L	-	0:38	-	2	0:01	16	0:11	20.50	54:22	2:39	20	15:14	148	15:14
Rad 000	20.00	38:56	1:56	16	8:14	141	13:47	20.50	54:22	2:39	20	15:14	148	15:14
Lauf Ziel	5.00	22:41	4:32	15	3:51	86	22:41	25.50	1:17:03	3:01	17	18:31	115	18:31