



18 Lorsche Triathlon

Lorsch / 13.08.2023

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Torbjörn Müller

000: 1:18:24

00: 210

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 147 (of 343)

00000/0: 129 (of 262)

000000: 58:32

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männliche AK 3 (TM 30)

00000: 18(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	11:16	22:32	17	4:19	126	4:19	0.50	11:16	22:32	34	4:19	263	4:19
Wechsel S -> R	-	2:59	-	22	1:30	164	1:43	0.50	14:15	28:30	34	5:49	263	5:49
Schwimmen 000	0.50	14:15	28:30	34	5:49	263	5:49	0.50	14:15	28:30	34	5:49	263	5:49
Rad netto	20.00	37:48	1:53	15	7:58	141	13:24	20.50	52:03	2:32	34	13:47	263	13:47
Wechsel R -> L	-	1:59	-	33	1:22	247	1:32	20.50	54:02	2:38	34	14:54	263	14:54
Rad 000	20.00	39:47	1:59	21	9:05	157	14:38	20.50	54:02	2:38	34	14:54	263	14:54
Lauf Ziel	5.00	24:22	4:52	19	5:32	123	24:22	25.50	1:18:24	3:04	18	19:52	129	19:52