



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

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Silvan Welker

000: 1:21:22

00: 289

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 182 (of 343)

00000/0: 160 (of 262)

000000: 58:32

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männliche AK 3 (TM 30)

00000: 22(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	10:29	20:57	12	3:32	81	3:32	0.50	10:29	20:57	34	3:32	263	3:32
Wechsel S -> R	-	4:01	-	31	2:32	241	2:45	0.50	14:30	29:00	34	6:04	263	6:04
Schwimmen 000	0.50	14:30	29:00	34	6:04	263	6:04	0.50	14:30	29:00	34	6:04	263	6:04
Rad netto	20.00	42:23	2:07	27	12:33	215	17:59	20.50	56:53	2:46	34	18:37	263	18:37
Wechsel R -> L	-	0:54	-	12	0:17	73	0:27	20.50	57:47	2:49	34	18:39	263	18:39
Rad 000	20.00	43:17	2:09	26	12:35	211	18:08	20.50	57:47	2:49	34	18:39	263	18:39
Lauf Ziel	5.00	23:35	4:43	16	4:45	107	23:35	25.50	1:21:22	3:11	22	22:50	160	22:50