



# 18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Martin Ruppert

000: 1:22:41

00: 4./750

00: 264

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 190 (of 343)

00000/0: 164 (of 262)

000000: 58:32

0000:

männliche AK 3 (TM 30)

00000: 23(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	10:34	21:07	13	3:37	86	3:37	0.50	10:34	21:07	34	3:37	263	3:37
Wechsel S -> R	-	3:21	-	28	1:52	198	2:05	0.50	13:55	27:49	34	5:29	263	5:29
Schwimmen 000	0.50	13:55	27:49	34	5:29	263	5:29	0.50	13:55	27:49	34	5:29	263	5:29
Rad netto	20.00	40:40	2:01	24	10:50	193	16:16	20.50	54:35	2:39	34	16:19	263	16:19
Wechsel R -> L	-	0:53	-	10	0:16	71	0:26	20.50	55:28	2:42	34	16:20	263	16:20
Rad 000	20.00	41:33	2:04	23	10:51	185	16:24	20.50	55:28	2:42	34	16:20	263	16:20
Lauf Ziel	5.00	27:13	5:26	23	8:23	178	27:13	25.50	1:22:41	3:14	23	24:09	164	24:09