



# 18 Lorsch Triathlon

Lorsch / 13.08.2023

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Jeffy Seapang

000: 1:23:21

00: 368

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 196 (of 343)

00000/0: 168 (of 262)

000000: 58:32

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männliche AK 3 (TM 30)

00000: 24(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	13:20	26:40	30	6:23	216	6:23	0.50	13:20	26:40	30	6:23	216	6:23
Wechsel S -> R	-	2:04	-	6	0:35	46	0:48	0.50	15:24	30:48	26	6:58	185	6:58
Schwimmen 000	0.50	15:24	30:48	26	6:58	185	6:58	0.50	15:24	30:48	26	6:58	185	6:58
Rad netto	20.00	38:55	1:56	22	9:05	166	14:31	20.50	54:19	2:38	21	16:03	168	16:03
Wechsel R -> L	-	1:00	-	15	0:23	107	0:33	20.50	55:19	2:41	21	16:11	165	16:11
Rad 000	20.00	39:55	1:59	22	9:13	161	14:46	20.50	55:19	2:41	21	16:11	165	16:11
Lauf Ziel	5.00	28:02	5:36	26	9:12	191	28:02	25.50	1:23:21	3:16	24	24:49	168	24:49