



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Yannik Henter

000: 1:14:27

00: LCI Speyer

00: 111

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 96 (of 343)

00000/0: 88 (of 262)

000000: 58:32

0000:

männliche AK 1 (TM 20)

00000: 7(of 15)

0000000: 1:06:00

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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	10:08	20:15	5	1:31	68	3:11	0.50	10:08	20:15	5	1:31	263	3:11
Wechsel S -> R	-	2:39	-	6	1:02	122	1:23	0.50	12:47	25:33	5	2:33	263	4:21
Schwimmen 000	0.50	12:47	25:33	5	2:33	263	4:21	0.50	12:47	25:33	5	2:33	263	4:21
Rad netto	20.00	38:22	1:55	9	13:58	157	13:58	20.50	51:09	2:29	7	11:36	263	12:53
Wechsel R -> L	-	0:32	-	1	-	6	0:05	20.50	51:41	2:31	7	11:23	263	12:33
Rad 000	20.00	38:54	1:56	9	13:45	138	13:45	20.50	51:41	2:31	7	11:23	263	12:33
Lauf Ziel	5.00	22:46	4:33	10	22:46	89	22:46	25.50	1:14:27	2:55	7	8:27	88	15:55