



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

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Christopher Metz

000: 1:26:04

00: 269

00: 25.50 km

Lorsche Triathlon 0,5-20,5,0

00000/000: 240 (of 343)

00000/0: 197 (of 262)

000000: 58:32

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männliche AK 3 (TM 30)

00000: 27(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	-	2:46	-	19	1:17	141	1:30	0.50	13:20	26:40	34	4:54	263	4:54
Schwimmen 000	0.50	13:20	26:40	34	4:54	263	4:54	0.50	13:20	26:40	34	4:54	263	4:54
Rad netto	20.00	41:28	2:04	26	11:38	203	17:04	20.50	54:48	2:40	34	16:32	263	16:32
Wechsel R -> L	-	1:49	-	31	1:12	234	1:22	20.50	56:37	2:45	34	17:29	263	17:29
Rad 000	20.00	43:17	2:09	27	12:35	212	18:08	20.50	56:37	2:45	34	17:29	263	17:29
Lauf Ziel	5.00	29:27	5:53	28	10:37	215	29:27	25.50	1:26:04	3:22	27	27:32	197	27:32