



18 Lorsche Triathlon

Lorsch / 13.08.2023

0000

Tobias Meyer

000: 1:32:21

00: 237

00: 25.50 km

Lorsche Triathlon 0,5-20,5,0

00000/000: 293 (of 343)

00000/0: 231 (of 262)

000000: 58:32

0000:

männliche AK 3 (TM 30)

00000: 30(of 33)

0000000: 58:32

0000

0000

000

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	12:43	25:26	28	5:46	190	5:46	0.50	12:43	25:26	34	5:46	191	5:46
Wechsel S -> R	-	3:14	-	24	1:45	185	1:58	0.50	15:57	31:53	34	7:31	206	7:31
Schwimmen 000	0.50	15:57	31:53	34	7:31	206	7:31	0.50	15:57	31:53	34	7:31	206	7:31
Rad netto	20.00	44:20	2:13	30	14:30	234	19:56	20.50	1:00:17	2:56	34	22:01	263	22:01
Wechsel R -> L	-	0:55	-	13	0:18	79	0:28	20.50	1:01:12	2:59	34	22:04	263	22:04
Rad 000	20.00	45:15	2:15	30	14:33	233	20:06	20.50	1:01:12	2:59	34	22:04	263	22:04
Lauf Ziel	5.00	31:09	6:13	30	12:19	230	31:09	25.50	1:32:21	3:37	30	33:49	231	33:49