



# 18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Dirk Ritzmann

000: 1:33:51

00: 302

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 301 (of 343)

00000/0: 234 (of 262)

000000: 58:32

0000:

männliche AK 3 (TM 30)

00000: 31(of 33)

0000000: 58:32

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	15:43	31:26	33	8:46	253	8:46	0.50	15:43	31:26	34	8:46	263	8:46
Wechsel S -> R	-	2:03	-	5	0:34	43	0:47	0.50	17:46	35:31	34	9:20	263	9:20
Schwimmen 000	0.50	17:46	35:31	34	9:20	263	9:20	0.50	17:46	35:31	34	9:20	263	9:20
Rad netto	20.00	43:01	2:09	28	13:11	223	18:37	20.50	1:00:47	2:57	34	22:31	263	22:31
Wechsel R -> L	-	1:17	-	27	0:40	172	0:50	20.50	1:02:04	3:01	34	22:56	263	22:56
Rad 000	20.00	44:18	2:12	28	13:36	222	19:09	20.50	1:02:04	3:01	34	22:56	263	22:56
Lauf Ziel	5.00	31:47	6:21	31	12:57	238	31:47	25.50	1:33:51	3:40	31	35:19	234	35:19