



18 Lorscher Triathlon

Lorsch / 13.08.2023

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Philipp Karduck

□□□: 1:16:07

□□: 258

□□: 25.50 km

Lorscher Triathlon 0,5-20,5,0

□□□□□/□□□: 116 (of 343)

□□□□□/□: 104 (of 262)

□□□□□□: 58:32

□□□□:

männliche AK 1 (TM 20)

□□□□□: 9(of 15)

□□□□□□□: 1:06:00

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 10:45 | 21:30 | 9 | 2:08 | 99 | 3:48 | 0.50 | 10:45 | 21:30 | 16 | 2:08 | 263 | 3:48 | |
| Wechsel S -> R | - | 2:50 | - | 11 | 1:13 | 147 | 1:34 | 0.50 | 13:35 | 27:10 | 16 | 3:21 | 263 | 5:09 | |
| Schwimmen □□□ | 0.50 | 13:35 | 27:10 | 16 | 3:21 | 263 | 5:09 | 0.50 | 13:35 | 27:10 | 16 | 3:21 | 263 | 5:09 | |
| Rad netto | 20.00 | 39:00 | 1:57 | 10 | 14:36 | 169 | 14:36 | 20.50 | 52:35 | 2:33 | 16 | 13:02 | 263 | 14:19 | |
| Wechsel R -> L | - | 0:57 | - | 10 | 0:25 | 91 | 0:30 | 20.50 | 53:32 | 2:36 | 16 | 13:14 | 263 | 14:24 | |
| Rad □□□ | 20.00 | 39:57 | 1:59 | 11 | 14:48 | 162 | 14:48 | 20.50 | 53:32 | 2:36 | 16 | 13:14 | 263 | 14:24 | |
| Lauf Ziel | 5.00 | 22:35 | 4:30 | 8 | 22:35 | 83 | 22:35 | 25.50 | 1:16:07 | 2:59 | 9 | 10:07 | 104 | 17:35 | |