



# 18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Tim Klicks

000: 1:24:59

00: 24

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 223 (of 343)

00000/0: 184 (of 262)

000000: 58:32

0000:

männliche AK 4 (TM 35)

00000: 16(of 23)

0000000: 1:02:13

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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	10:56	21:52	10	2:36	108	3:59	0.50	10:56	21:52	10	2:36	263	3:59
Wechsel S -> R	-	3:39	-	19	2:08	220	2:23	0.50	14:35	29:10	16	4:38	138	6:09
Schwimmen 000	0.50	14:35	29:10	16	4:38	138	6:09	0.50	14:35	29:10	16	4:38	138	6:09
Rad netto	20.00	40:43	2:02	18	8:47	194	16:19	20.50	55:18	2:41	17	13:25	263	17:02
Wechsel R -> L	-	1:01	-	8	0:20	111	0:34	20.50	56:19	2:44	17	13:45	263	17:11
Rad 000	20.00	41:44	2:05	18	9:07	188	16:35	20.50	56:19	2:44	17	13:45	263	17:11
Lauf Ziel	5.00	28:40	5:44	19	9:23	203	28:40	25.50	1:24:59	3:19	16	22:46	184	26:27