



17. Lorsch Triathlon

Lorsch / 21.08.2022

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Tri not to die

□□□: 1:11:07

□□: Triathlon Team DSW Darmstadt

□□: 402

□□: 25.50 km

Triathlonstaffel

□□□□□: 6 (of 24)

□□□□□□: 57:11

□□□□:

□□□□□: 1(of 1)

Damen-Staffel

□□□□□□□: 1:11:07

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|-------|---------|-------|---------|---------|-----------|-----------|
| Schwimmen nett | 0.50 | 13:21 | 26:41 | 1 | - | 21 | 6:10 | 0.50 | 13:21 | 26:41 | 1 | - | 21 | 6:10 |
| Wechsel S -> R | 20.00 | 1:39 | 0:04 | 1 | - | 16 | 0:32 | 20.50 | 15:00 | 0:43 | 1 | - | 22 | 6:12 |
| Schwimmen □□□ | 20.50 | 15:00 | 0:43 | 1 | - | 22 | 6:12 | 20.50 | 15:00 | 0:43 | 1 | - | 22 | 6:12 |
| Rad netto | - | 33:37 | - | 1 | - | 4 | 4:42 | 20.50 | 48:37 | 2:22 | 1 | - | 7 | 10:47 |
| Wechsel R -> L | - | 0:29 | - | 1 | - | 11 | 0:07 | 20.50 | 49:06 | 2:23 | 1 | - | 7 | 10:50 |
| Rad □□□ | 0.00 | 34:06 | - | 1 | - | 4 | 4:45 | 20.50 | 49:06 | 2:23 | 1 | - | 7 | 10:50 |
| Lauf | 5.00 | 22:01 | 4:24 | 1 | - | 12 | 4:07 | 25.50 | 1:11:07 | 2:47 | 1 | - | 6 | 13:56 |