



17. Lorsch Triathlon

Lorsch / 21.08.2022

MaNija

MaNija

Time: 1:13:46

393

25.50 km

Triathlonstaffel

12 (of 24)

57:11

Mixed-Staffel

8 (of 19)

57:11

Swimming

Cycling

Running

	km	min	sec	min/km	-	-	min	sec	km	min	sec	min/km	-	-	min	sec
Schwimmen nett	0.50	11:24	22:48	10	4:08	13	4:13		0.50	11:24	22:48	10	4:08	13	4:13	
Wechsel S -> R	20.00	1:32	0:04	9	0:25	12	0:25		20.50	12:56	0:37	10	4:01	13	4:08	
Schwimmen Brutto	20.50	12:56	0:37	10	4:01	13	4:08		20.50	12:56	0:37	10	4:01	13	4:08	
Rad netto	-	34:44	-	3	5:49	5	5:49		20.50	47:40	2:19	4	9:50	6	9:50	
Wechsel R -> L	-	0:25	-	4	0:03	5	0:03		20.50	48:05	2:20	4	9:49	6	9:49	
Rad Brutto	0.00	35:09	-	3	5:48	5	5:48		20.50	48:05	2:20	4	9:49	6	9:49	
Lauf	5.00	25:41	5:08	17	7:47	22	7:47		25.50	1:13:46	2:53	8	16:35	12	16:35	