



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

MaNija

000: 1:13:46

00: 393

00: 25.50 km

Triathlonstaffel

00000: 12 (of 24)

000000: 57:11

0000:

Mixed-Staffel

00000: 8(of 19)

0000000: 57:11

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
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 000	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 000	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