



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

TriDucks 2.0 Ludwigshafener Lauf-Club 00: 1:14:05

00: Ludwigshafener Lauf-Club

00: 395

00: 25.50 km

Triathlonstaffel

000000: 13 (of 24)

000000: 57:11

0000:

000000: 9(of 19)

Mixed-Staffel

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	11:15	22:30	9	3:59	12	4:04	0.50	11:15	22:30	9	3:59	12	4:04
Wechsel S -> R	20.00	1:43	0:05	13	0:36	18	0:36	20.50	12:58	0:37	11	4:03	14	4:10
Schwimmen 000	20.50	12:58	0:37	11	4:03	14	4:10	20.50	12:58	0:37	11	4:03	14	4:10
Rad netto	-	38:30	-	9	9:35	12	9:35	20.50	51:28	2:30	12	13:38	15	13:38
Wechsel R -> L	-	0:29	-	9	0:07	11	0:07	20.50	51:57	2:32	12	13:41	15	13:41
Rad 000	0.00	38:59	-	9	9:38	12	9:38	20.50	51:57	2:32	12	13:41	15	13:41
Lauf	5.00	22:08	4:25	8	4:14	13	4:14	25.50	1:14:05	2:54	9	16:54	13	16:54