



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

179 BPM

000: 1:17:54

00: 389

00: 25.50 km

Triathlonstaffel

00000: 18 (of 24)

000000: 57:11

0000:

Mixed-Staffel

00000: 13(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	11:44	23:27	14	4:28	18	4:33	0.50	11:44	23:27	14	4:28	18	4:33
Wechsel S -> R	20.00	1:44	0:05	14	0:37	19	0:37	20.50	13:28	0:39	14	4:33	18	4:40
Schwimmen 000	20.50	13:28	0:39	14	4:33	18	4:40	20.50	13:28	0:39	14	4:33	18	4:40
Rad netto	-	41:30	-	14	12:35	18	12:35	20.50	54:58	2:40	15	17:08	20	17:08
Wechsel R -> L	-	0:30	-	12	0:08	15	0:08	20.50	55:28	2:42	15	17:12	20	17:12
Rad 000	0.00	42:00	-	14	12:39	18	12:39	20.50	55:28	2:42	15	17:12	20	17:12
Lauf	5.00	22:26	4:29	10	4:32	15	4:32	25.50	1:17:54	3:03	13	20:43	18	20:43