



# 17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Timmo Lenhardt

000: 1:21:12

00: 399

00: 25.50 km

Triathlonstaffel

00000: 20 (of 24)

000000: 57:11

0000:

Mixed-Staffel

00000: 15(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	9:59	19:57	4	2:43	6	2:48	0.50	9:59	19:57	4	2:43	6	2:48
Wechsel S -> R	20.00	1:25	0:04	4	0:18	6	0:18	20.50	11:24	0:33	5	2:29	7	2:36
Schwimmen 000	20.50	11:24	0:33	5	2:29	7	2:36	20.50	11:24	0:33	5	2:29	7	2:36
Rad netto	-	39:29	-	11	10:34	15	10:34	20.50	50:53	2:28	11	13:03	14	13:03
Wechsel R -> L	-	0:28	-	7	0:06	9	0:06	20.50	51:21	2:30	10	13:05	13	13:05
Rad 000	0.00	39:57	-	11	10:36	15	10:36	20.50	51:21	2:30	10	13:05	13	13:05
Lauf	5.00	29:51	5:58	19	11:57	24	11:57	25.50	1:21:12	3:11	15	24:01	20	24:01