



# 17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Bähring Mischler Gärtner

000: 1:22:41

00: 385

00: 25.50 km

Triathlonstaffel

00000: 21 (of 24)

000000: 57:11

0000:

Mixed-Staffel

00000: 16(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	12:36	25:11	16	5:20	20	5:25	0.50	12:36	25:11	16	5:20	20	5:25
Wechsel S -> R	20.00	1:50	0:05	15	0:43	20	0:43	20.50	14:26	0:42	15	5:31	19	5:38
Schwimmen 000	20.50	14:26	0:42	15	5:31	19	5:38	20.50	14:26	0:42	15	5:31	19	5:38
Rad netto	-	42:03	-	15	13:08	19	13:08	20.50	56:29	2:45	16	18:39	21	18:39
Wechsel R -> L	-	0:34	-	18	0:12	23	0:12	20.50	57:03	2:46	16	18:47	21	18:47
Rad 000	0.00	42:37	-	16	13:16	21	13:16	20.50	57:03	2:46	16	18:47	21	18:47
Lauf	5.00	25:38	5:07	16	7:44	21	7:44	25.50	1:22:41	3:14	16	25:30	21	25:30