



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Lambada G'sellschaft

000: 1:24:19

00: 392

00: 25.50 km

Triathlonstaffel

00000: 22 (of 24)

000000: 57:11

0000:

Mixed-Staffel

00000: 17(of 19)

0000000: 57:11

0000

0000

000

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	13:31	27:02	18	6:15	23	6:20	0.50	13:31	27:02	18	6:15	23	6:20
Wechsel S -> R	20.00	2:09	0:06	17	1:02	22	1:02	20.50	15:40	0:45	18	6:45	23	6:52
Schwimmen 000	20.50	15:40	0:45	18	6:45	23	6:52	20.50	15:40	0:45	18	6:45	23	6:52
Rad netto	-	43:56	-	17	15:01	22	15:01	20.50	59:36	2:54	17	21:46	22	21:46
Wechsel R -> L	-	0:30	-	12	0:08	15	0:08	20.50	1:00:06	2:55	17	21:50	22	21:50
Rad 000	0.00	44:26	-	17	15:05	22	15:05	20.50	1:00:06	2:55	17	21:50	22	21:50
Lauf	5.00	24:13	4:50	11	6:19	16	6:19	25.50	1:24:19	3:18	17	27:08	22	27:08