



17. Lorsch Triathlon

Lorsch / 21.08.2022

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Die Speedos

000: 1:11:56

00: 388

00: 25.50 km

Triathlonstaffel

00000: 8 (of 24)

000000: 57:11

0000:

Herren-Staffel

00000: 3(of 4)

0000000: 1:00:57

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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	11:33	23:06	4	4:22	16	4:22	0.50	11:33	23:06	4	4:22	16	4:22
Wechsel S -> R	20.00	1:25	0:04	3	0:06	6	0:18	20.50	12:58	0:37	4	4:10	14	4:10
Schwimmen 000	20.50	12:58	0:37	4	4:10	14	4:10	20.50	12:58	0:37	4	4:10	14	4:10
Rad netto	-	38:50	-	3	5:51	13	9:55	20.50	51:48	2:31	3	10:01	16	13:58
Wechsel R -> L	-	0:32	-	4	0:10	21	0:10	20.50	52:20	2:33	3	10:03	16	14:04
Rad 000	0.00	39:22	-	3	5:53	13	10:01	20.50	52:20	2:33	3	10:03	16	14:04
Lauf	5.00	19:36	3:55	2	0:56	4	1:42	25.50	1:11:56	2:49	3	10:59	8	14:45