



17. Lorsch Triathlon

Lorsch / 21.08.2022

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S.F. NiPauFre

□□□: 1:11:52

□□: 383

□□: 25.50 km

Triathlonstaffel

□□□□□: 7 (of 24)

□□□□□□: 57:11

□□□□:

Mixed-Staffel

□□□□□: 4(of 19)

□□□□□□□: 57:11

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.50	11:31	23:02	12	4:15	15	4:20	0.50	11:31	23:02	12	4:15	15	4:20
Wechsel S -> R	20.00	1:34	0:04	10	0:27	13	0:27	20.50	13:05	0:38	12	4:10	16	4:17
Schwimmen □□□	20.50	13:05	0:38	12	4:10	16	4:17	20.50	13:05	0:38	12	4:10	16	4:17
Rad netto	-	36:08	-	5	7:13	8	7:13	20.50	49:13	2:24	5	11:23	8	11:23
Wechsel R -> L	-	0:25	-	4	0:03	5	0:03	20.50	49:38	2:25	5	11:22	8	11:22
Rad □□□	0.00	36:33	-	5	7:12	8	7:12	20.50	49:38	2:25	5	11:22	8	11:22
Lauf	5.00	22:14	4:26	9	4:20	14	4:20	25.50	1:11:52	2:49	4	14:41	7	14:41