



# 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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□□□□

□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□   | □□□     | □□□   | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|-------|---------|-------|---------|---------|-----------|-----------|
| 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     |