



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Marc Siddique

000: 1:16:00

00: 259

00: 25.50 km

Lorsch Triathlon 0,5-20,0-5,0

00000/000: 89 (of 279)

00000/0: 79 (of 210)

000000: 59:54

0000:

Senioren 2 (TM 45)

00000: 11(of 29)

0000000: 1:02:26

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	11:28	22:56	15	2:33	110	3:40	0.50	11:28	22:56	15	2:33	211	3:40
Wechsel S -> R	-	2:55	-	20	1:34	114	1:34	0.50	14:23	28:45	30	3:53	109	4:36
Schwimmen 000	0.50	14:23	28:45	30	3:53	109	4:36	0.50	14:23	28:45	30	3:53	109	4:36
Rad netto	20.00	34:28	1:43	4	4:10	30	10:15	20.50	48:51	2:22	30	7:33	211	7:42
Wechsel R -> L	-	1:22	-	23	0:45	147	0:56	20.50	50:13	2:26	30	8:06	211	8:18
Rad 000	20.00	35:50	1:47	5	4:34	38	10:13	20.50	50:13	2:26	30	8:06	211	8:18
Lauf Ziel	5.00	25:47	5:09	18	5:28	123	7:48	25.50	1:16:00	2:58	11	13:34	79	16:06