



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Dirk Dechant

000: 1:16:10

00: 335

00: 25.50 km

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

00000/000: 91 (of 279)

00000/0: 81 (of 210)

000000: 59:54

0000:

Senioren 2 (TM 45)

00000: 12(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	12:43	25:26	18	3:48	152	4:55	0.50	12:43	25:26	30	3:48	211	4:55
Wechsel S -> R	-	1:28	-	2	0:07	2	0:07	0.50	14:11	28:22	30	3:41	211	4:24
Schwimmen 000	0.50	14:11	28:22	30	3:41	211	4:24	0.50	14:11	28:22	30	3:41	211	4:24
Rad netto	20.00	37:40	1:53	14	7:22	98	13:27	20.50	51:51	2:31	30	10:33	211	10:42
Wechsel R -> L	-	1:08	-	16	0:31	101	0:42	20.50	52:59	2:35	30	10:52	211	11:04
Rad 000	20.00	38:48	1:56	13	7:32	95	13:11	20.50	52:59	2:35	30	10:52	211	11:04
Lauf Ziel	5.00	23:11	4:38	8	2:52	63	5:12	25.50	1:16:10	2:59	12	13:44	81	16:16