



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Karsten Köhler

000: 1:17:47

00: 278

00: 25.50 km

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

00000/000: 109 (of 279)

00000/0: 96 (of 210)

000000: 59:54

0000:

Senioren 2 (TM 45)

00000: 15(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	13:32	27:03	24	4:37	176	5:44	0.50	13:32	27:03	30	4:37	211	5:44
Wechsel S -> R	-	3:09	-	23	1:48	133	1:48	0.50	16:41	33:22	30	6:11	211	6:54
Schwimmen 000	0.50	16:41	33:22	30	6:11	211	6:54	0.50	16:41	33:22	30	6:11	211	6:54
Rad netto	20.00	38:19	1:54	17	8:01	112	14:06	20.50	55:00	2:40	30	13:42	211	13:51
Wechsel R -> L	-	0:49	-	6	0:12	40	0:23	20.50	55:49	2:43	30	13:42	211	13:54
Rad 000	20.00	39:08	1:57	14	7:52	102	13:31	20.50	55:49	2:43	30	13:42	211	13:54
Lauf Ziel	5.00	21:58	4:23	6	1:39	45	3:59	25.50	1:17:47	3:03	15	15:21	96	17:53