



17. Lorsch Triathlon

Lorsch / 21.08.2022

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Thomas Schüttler

□□□: 1:17:49

□□: Athletes for Charity

□□: 241

□□: 25.50 km

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

□□□□□/□□□: 111 (of 279)

□□□□□/□: 97 (of 210)

□□□□□□: 59:54

□□□□:

Senioren 2 (TM 45)

□□□□□: 16(of 29)

□□□□□□□: 1:02:26

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 10:18 | 20:36 | 8 | 1:23 | 59 | 2:30 | 0.50 | 10:18 | 20:36 | 8 | 1:23 | 211 | 2:30 |
| Wechsel S -> R | - | 2:09 | - | 5 | 0:48 | 30 | 0:48 | 0.50 | 12:27 | 24:53 | 30 | 1:57 | 39 | 2:40 |
| Schwimmen □□□ | 0.50 | 12:27 | 24:53 | 30 | 1:57 | 39 | 2:40 | 0.50 | 12:27 | 24:53 | 30 | 1:57 | 39 | 2:40 |
| Rad netto | 20.00 | 36:59 | 1:50 | 12 | 6:41 | 85 | 12:46 | 20.50 | 49:26 | 2:24 | 30 | 8:08 | 211 | 8:17 |
| Wechsel R -> L | - | 1:02 | - | 15 | 0:25 | 82 | 0:36 | 20.50 | 50:28 | 2:27 | 30 | 8:21 | 211 | 8:33 |
| Rad □□□ | 20.00 | 38:01 | 1:54 | 12 | 6:45 | 83 | 12:24 | 20.50 | 50:28 | 2:27 | 30 | 8:21 | 211 | 8:33 |
| Lauf Ziel | 5.00 | 27:21 | 5:28 | 21 | 7:02 | 144 | 9:22 | 25.50 | 1:17:49 | 3:03 | 16 | 15:23 | 97 | 17:55 |