



# 17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Jan Müller

000: 1:23:27

00: 139

00: 25.50 km

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

00000/000: 170 (of 279)

00000/0: 142 (of 210)

000000: 59:54

0000:

männliche AK 1 (TM 20)

00000: 11(of 12)

0000000: 1:05:03

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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	10:04	20:07	4	1:30	48	2:16	0.50	10:04	20:07	13	1:30	211	2:16
Wechsel S -> R	-	3:08	-	9	1:39	130	1:47	0.50	13:12	26:23	13	3:04	211	3:25
Schwimmen 000	0.50	13:12	26:23	13	3:04	211	3:25	0.50	13:12	26:23	13	3:04	211	3:25
Rad netto	20.00	41:37	2:04	11	8:51	175	17:24	20.50	54:49	2:40	13	11:46	141	13:40
Wechsel R -> L	-	1:25	-	10	0:48	157	0:59	20.50	56:14	2:44	13	12:25	145	14:19
Rad 000	20.00	43:02	2:09	11	9:30	176	17:25	20.50	56:14	2:44	13	12:25	145	14:19
Lauf Ziel	5.00	27:13	5:26	11	7:43	141	9:14	25.50	1:23:27	3:16	11	18:24	142	23:33