



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Volker Samstag

000: 1:33:45

00: 132

00: 25.50 km

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

0000:

Senioren 2 (TM 45)

00000/000: 247 (of 279)

00000/0: 192 (of 210)

000000: 59:54

00000: 27(of 29)

0000000: 1:02:26

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	13:35	27:10	25	4:40	177	5:47	0.50	13:35	27:10	30	4:40	211	5:47	
Wechsel S -> R	-	2:24	-	10	1:03	54	1:03	0.50	15:59	31:57	30	5:29	211	6:12	
Schwimmen 000	0.50	15:59	31:57	30	5:29	211	6:12	0.50	15:59	31:57	30	5:29	211	6:12	
Rad netto	20.00	42:25	2:07	26	12:07	182	18:12	20.50	58:24	2:50	30	17:06	178	17:15	
Wechsel R -> L	-	0:39	-	2	0:02	16	0:13	20.50	59:03	2:52	30	16:56	177	17:08	
Rad 000	20.00	43:04	2:09	26	11:48	178	17:27	20.50	59:03	2:52	30	16:56	177	17:08	
Lauf Ziel	5.00	34:42	6:56	29	14:23	199	16:43	25.50	1:33:45	3:40	27	31:19	192	33:51	