



# 17. Lorsch Triathlon

Lorsch / 21.08.2022

□□□□

Sandip Chowdhury

□□□: 1:34:41

□□: 276

□□: 25.50 km

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

□□□□□/□□□: 253 (of 279)

□□□□□/□: 197 (of 210)

□□□□□□: 59:54

□□□□:

Senioren 2 (TM 45)

□□□□□: 28(of 29)

□□□□□□□: 1:02:26

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	14:22	28:44	27	5:27	190	6:34	0.50	14:22	28:44	30	5:27	211	6:34
Wechsel S -> R	-	4:05	-	27	2:44	186	2:44	0.50	18:27	36:53	30	7:57	211	8:40
Schwimmen □□□	0.50	18:27	36:53	30	7:57	211	8:40	0.50	18:27	36:53	30	7:57	211	8:40
Rad netto	20.00	45:38	2:16	28	15:20	200	21:25	20.50	1:04:05	3:07	30	22:47	211	22:56
Wechsel R -> L	-	1:22	-	23	0:45	147	0:56	20.50	1:05:27	3:11	30	23:20	211	23:32
Rad □□□	20.00	47:00	2:21	28	15:44	200	21:23	20.50	1:05:27	3:11	30	23:20	211	23:32
Lauf Ziel	5.00	29:14	5:50	23	8:55	165	11:15	25.50	1:34:41	3:42	28	32:15	197	34:47