



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Ferhat Altan

000: 1:41:37

00: 171

00: 25.50 km

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

00000/000: 267 (of 279)

00000/0: 204 (of 210)

000000: 59:54

0000:

Senioren 2 (TM 45)

00000: 29(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	17:16	34:31	28	8:21	206	9:28	0.50	17:16	34:31	30	8:21	211	9:28
Wechsel S -> R	-	4:26	-	28	3:05	192	3:05	0.50	21:42	43:23	30	11:12	211	11:55
Schwimmen 000	0.50	21:42	43:23	30	11:12	211	11:55	0.50	21:42	43:23	30	11:12	211	11:55
Rad netto	20.00	48:01	2:24	29	17:43	205	23:48	20.50	1:09:43	3:24	30	28:25	211	28:34
Wechsel R -> L	-	1:00	-	14	0:23	78	0:34	20.50	1:10:43	3:26	30	28:36	67	28:48
Rad 000	20.00	49:01	2:27	29	17:45	204	23:24	20.50	1:10:43	3:26	30	28:36	67	28:48
Lauf Ziel	5.00	30:54	6:10	27	10:35	181	12:55	25.50	1:41:37	3:59	29	39:11	204	41:43