



# 17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Dirk Tappe

000: 1:05:55

00: 236

00: 25.50 km

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

00000/000: 13 (of 279)

00000/0: 13 (of 210)

000000: 59:54

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Senioren 3 (TM 50)

00000: 2(of 28)

0000000: 1:03:49

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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	11:53	23:45	14	3:20	124	4:05	0.50	11:53	23:45	14	3:20	211	4:05
Wechsel S -> R	-	1:54	-	2	0:04	17	0:33	0.50	13:47	27:33	29	2:50	90	4:00
Schwimmen 000	0.50	13:47	27:33	29	2:50	90	4:00	0.50	13:47	27:33	29	2:50	90	4:00
Rad netto	20.00	31:52	1:35	2	0:58	8	7:39	20.50	45:39	2:13	29	3:48	211	4:30
Wechsel R -> L	-	0:32	-	1	-	5	0:06	20.50	46:11	2:15	29	3:09	211	4:16
Rad 000	20.00	32:24	1:37	2	0:19	6	6:47	20.50	46:11	2:15	29	3:09	211	4:16
Lauf Ziel	5.00	19:44	3:56	1	-	8	1:45	25.50	1:05:55	2:35	2	2:06	13	6:01