



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Dirk Littig

000: 1:08:21

00: 331

00: 25.50 km

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

00000/000: 26 (of 279)

00000/0: 25 (of 210)

000000: 59:54

0000:

Senioren 3 (TM 50)

00000: 3(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	10:02	20:03	4	1:29	45	2:14	0.50	10:02	20:03	29	1:29	45	2:14
Wechsel S -> R	-	2:18	-	6	0:28	43	0:57	0.50	12:20	24:40	29	1:23	211	2:33
Schwimmen 000	0.50	12:20	24:40	29	1:23	211	2:33	0.50	12:20	24:40	29	1:23	211	2:33
Rad netto	20.00	34:06	1:42	5	3:12	26	9:53	20.50	46:26	2:15	29	4:35	211	5:17
Wechsel R -> L	-	1:04	-	11	0:32	92	0:38	20.50	47:30	2:19	29	4:28	211	5:35
Rad 000	20.00	35:10	1:45	5	3:05	28	9:33	20.50	47:30	2:19	29	4:28	211	5:35
Lauf Ziel	5.00	20:51	4:10	6	1:07	24	2:52	25.50	1:08:21	2:40	3	4:32	25	8:27