



17. Lorsch Triathlon

Lorsch / 21.08.2022

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Holger Mengesdorf

000: 1:14:02

00: TSG Wiesloch

00: 306

00: 25.50 km

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

00000/000: 59 (of 279)

00000/0: 55 (of 210)

000000: 59:54

0000:

Senioren 3 (TM 50)

00000: 8(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	10:10	20:19	5	1:37	53	2:22	0.50	10:10	20:19	29	1:37	211	2:22
Wechsel S -> R	-	2:30	-	10	0:40	66	1:09	0.50	12:40	25:19	29	1:43	211	2:53
Schwimmen 000	0.50	12:40	25:19	29	1:43	211	2:53	0.50	12:40	25:19	29	1:43	211	2:53
Rad netto	20.00	34:59	1:44	7	4:05	45	10:46	20.50	47:39	2:19	29	5:48	211	6:30
Wechsel R -> L	-	1:23	-	22	0:51	151	0:57	20.50	49:02	2:23	29	6:00	211	7:07
Rad 000	20.00	36:22	1:49	7	4:17	49	10:45	20.50	49:02	2:23	29	6:00	211	7:07
Lauf Ziel	5.00	25:00	5:00	14	5:16	104	7:01	25.50	1:14:02	2:54	8	10:13	55	14:08