



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Michael Willwerth

000: 1:16:25

00: 195

00: 25.50 km

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

00000/000: 93 (of 279)

00000/0: 82 (of 210)

000000: 59:54

0000:

Senioren 3 (TM 50)

00000: 11(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	-	2:37	-	12	0:47	76	1:16	0.50	14:30	29:00	14	3:33	211	4:43
Schwimmen 000	0.50	14:30	29:00	14	3:33	211	4:43	0.50	14:30	29:00	14	3:33	211	4:43
Rad netto	20.00	34:44	1:44	6	3:50	35	10:31	20.50	49:14	2:24	8	7:23	211	8:05
Wechsel R -> L	-	0:54	-	6	0:22	57	0:28	20.50	50:08	2:26	8	7:06	211	8:13
Rad 000	20.00	35:38	1:46	6	3:33	32	10:01	20.50	50:08	2:26	8	7:06	211	8:13
Lauf Ziel	5.00	26:17	5:15	18	6:33	134	8:18	25.50	1:16:25	2:59	11	12:36	82	16:31