



17. Lorsch Triathlon

Lorsch / 21.08.2022

□□□□

Jürgen Pusche

□□□: 1:17:22

□□: Team Vicky

□□: 274

□□: 25.50 km

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

□□□□□/□□□: 103 (of 279)

□□□□□/□: 92 (of 210)

□□□□□□: 59:54

□□□□:

Senioren 3 (TM 50)

□□□□□: 12(of 28)

□□□□□□□: 1:03:49

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 11:42 | 23:23 | 13 | 3:09 | 114 | 3:54 | 0.50 | 11:42 | 23:23 | 29 | 3:09 | 211 | 3:54 |
| Wechsel S -> R | - | 2:24 | - | 8 | 0:34 | 54 | 1:03 | 0.50 | 14:06 | 28:11 | 29 | 3:09 | 97 | 4:19 |
| Schwimmen □□□ | 0.50 | 14:06 | 28:11 | 29 | 3:09 | 97 | 4:19 | 0.50 | 14:06 | 28:11 | 29 | 3:09 | 97 | 4:19 |
| Rad netto | 20.00 | 36:50 | 1:50 | 12 | 5:56 | 82 | 12:37 | 20.50 | 50:56 | 2:29 | 29 | 9:05 | 211 | 9:47 |
| Wechsel R -> L | - | 0:54 | - | 6 | 0:22 | 57 | 0:28 | 20.50 | 51:50 | 2:31 | 29 | 8:48 | 211 | 9:55 |
| Rad □□□ | 20.00 | 37:44 | 1:53 | 11 | 5:39 | 79 | 12:07 | 20.50 | 51:50 | 2:31 | 29 | 8:48 | 211 | 9:55 |
| Lauf Ziel | 5.00 | 25:32 | 5:06 | 16 | 5:48 | 117 | 7:33 | 25.50 | 1:17:22 | 3:02 | 12 | 13:33 | 92 | 17:28 |