



# 17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Udo Speicher

000: 1:20:22

00: 185

00: 25.50 km

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

00000/000: 139 (of 279)

00000/0: 122 (of 210)

000000: 59:54

0000:

Senioren 3 (TM 50)

00000: 16(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	8:33	17:06	1	-	6	0:45	0.50	8:33	17:06	1	-	211	0:45
Wechsel S -> R	-	2:42	-	14	0:52	92	1:21	0.50	11:15	22:30	2	0:18	211	1:28
Schwimmen 000	0.50	11:15	22:30	2	0:18	211	1:28	0.50	11:15	22:30	2	0:18	211	1:28
Rad netto	20.00	38:58	1:56	18	8:04	127	14:45	20.50	50:13	2:26	12	8:22	211	9:04
Wechsel R -> L	-	1:02	-	10	0:30	82	0:36	20.50	51:15	2:30	12	8:13	211	9:20
Rad 000	20.00	40:00	2:00	18	7:55	125	14:23	20.50	51:15	2:30	12	8:13	211	9:20
Lauf Ziel	5.00	29:07	5:49	25	9:23	163	11:08	25.50	1:20:22	3:09	16	16:33	122	20:28