



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Alex Dietrich

000: 1:24:21

00: DLRG Lorsch

00: 7

00: 25.50 km

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

00000/000: 179 (of 279)

00000/0: 148 (of 210)

000000: 59:54

0000:

Senioren 3 (TM 50)

00000: 22(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	9:13	18:26	3	0:40	23	1:25	0.50	9:13	18:26	29	0:40	23	1:25
Wechsel S -> R	-	3:34	-	19	1:44	162	2:13	0.50	12:47	25:33	29	1:50	211	3:00
Schwimmen 000	0.50	12:47	25:33	29	1:50	211	3:00	0.50	12:47	25:33	29	1:50	211	3:00
Rad netto	20.00	39:12	1:57	19	8:18	133	14:59	20.50	51:59	2:32	29	10:08	211	10:50
Wechsel R -> L	-	1:37	-	26	1:05	183	1:11	20.50	53:36	2:36	29	10:34	211	11:41
Rad 000	20.00	40:49	2:02	20	8:44	142	15:12	20.50	53:36	2:36	29	10:34	211	11:41
Lauf Ziel	5.00	30:45	6:09	27	11:01	180	12:46	25.50	1:24:21	3:18	22	20:32	148	24:27