



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Thilo Hauck

000: 1:34:22

00: 35

00: 25.50 km

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

00000/000: 252 (of 279)

00000/0: 196 (of 210)

000000: 59:54

0000:

Senioren 3 (TM 50)

00000: 26(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	13:18	26:36	22	4:45	169	5:30	0.50	13:18	26:36	29	4:45	169	5:30
Wechsel S -> R	-	4:07	-	24	2:17	187	2:46	0.50	17:25	34:50	29	6:28	211	7:38
Schwimmen 000	0.50	17:25	34:50	29	6:28	211	7:38	0.50	17:25	34:50	29	6:28	211	7:38
Rad netto	20.00	40:17	2:00	22	9:23	154	16:04	20.50	57:42	2:48	29	15:51	211	16:33
Wechsel R -> L	-	2:16	-	28	1:44	203	1:50	20.50	59:58	2:55	29	16:56	211	18:03
Rad 000	20.00	42:33	2:07	25	10:28	173	16:56	20.50	59:58	2:55	29	16:56	211	18:03
Lauf Ziel	5.00	34:24	6:52	28	14:40	197	16:25	25.50	1:34:22	3:42	26	30:33	196	34:28