



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Uwe Dächert

000: 1:35:15

00: 24

00: 25.50 km

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

00000/000: 256 (of 279)

00000/0: 198 (of 210)

000000: 59:54

0000:

Senioren 3 (TM 50)

00000: 27(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	13:40	27:19	24	5:07	179	5:52	0.50	13:40	27:19	29	5:07	179	5:52
Wechsel S -> R	-	5:30	-	28	3:40	208	4:09	0.50	19:10	38:20	29	8:13	211	9:23
Schwimmen 000	0.50	19:10	38:20	29	8:13	211	9:23	0.50	19:10	38:20	29	8:13	211	9:23
Rad netto	20.00	46:16	2:18	27	15:22	202	22:03	20.50	1:05:26	3:11	29	23:35	211	24:17
Wechsel R -> L	-	0:51	-	3	0:19	47	0:25	20.50	1:06:17	3:14	29	23:15	211	24:22
Rad 000	20.00	47:07	2:21	27	15:02	202	21:30	20.50	1:06:17	3:14	29	23:15	211	24:22
Lauf Ziel	5.00	28:58	5:47	23	9:14	159	10:59	25.50	1:35:15	3:44	27	31:26	198	35:21