



17. Lorsch Triathlon

Lorsch / 21.08.2022

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Stephan Lixfeld

000: 1:15:15

00: SSG Bensheim

00: 155

00: 25.50 km

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

00000/000: 78 (of 279)

00000/0: 69 (of 210)

000000: 59:54

0000:

Senioren 4 (TM 55)

00000: 12(of 37)

0000000: 1:05:27

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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	11:32	23:03	17	3:44	111	3:44	0.50	11:32	23:03	38	3:44	211	3:44
Wechsel S -> R	-	2:39	-	14	0:50	83	1:18	0.50	14:11	28:22	38	3:17	211	4:24
Schwimmen 000	0.50	14:11	28:22	38	3:17	211	4:24	0.50	14:11	28:22	38	3:17	211	4:24
Rad netto	20.00	35:54	1:47	11	2:59	60	11:41	20.50	50:05	2:26	38	6:04	77	8:56
Wechsel R -> L	-	1:09	-	17	0:32	102	0:43	20.50	51:14	2:29	38	6:25	77	9:19
Rad 000	20.00	37:03	1:51	12	3:08	65	11:26	20.50	51:14	2:29	38	6:25	77	9:19
Lauf Ziel	5.00	24:01	4:48	12	3:46	84	6:02	25.50	1:15:15	2:57	12	9:48	69	15:21