



17. Lorsch Triathlon

Lorsch / 21.08.2022

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Michael Straub

000: 1:12:52

00: 248

00: 25.50 km

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

00000/000: 51 (of 279)

00000/0: 47 (of 210)

000000: 59:54

0000:

männliche AK 2 (TM 25)

00000: 4(of 17)

0000000: 1:05:17

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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	10:09	20:18	4	1:52	51	2:21	0.50	10:09	20:18	4	1:52	211	2:21
Wechsel S -> R	-	2:35	-	6	1:05	71	1:14	0.50	12:44	25:27	3	2:57	48	2:57
Schwimmen 000	0.50	12:44	25:27	3	2:57	48	2:57	0.50	12:44	25:27	3	2:57	48	2:57
Rad netto	20.00	36:02	1:48	4	4:04	66	11:49	20.50	48:46	2:22	4	3:54	211	7:37
Wechsel R -> L	-	0:46	-	7	0:15	27	0:20	20.50	49:32	2:24	4	4:00	211	7:37
Rad 000	20.00	36:48	1:50	4	3:44	60	11:11	20.50	49:32	2:24	4	4:00	211	7:37
Lauf Ziel	5.00	23:20	4:39	8	3:35	67	5:21	25.50	1:12:52	2:51	4	7:35	47	12:58