



# 17. Lorsch Triathlon

Lorsch / 21.08.2022

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Michel Degenhardt

000: 1:14:42

00: 299

00: 25.50 km

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

00000/000: 71 (of 279)

00000/0: 65 (of 210)

000000: 59:54

0000:

männliche AK 2 (TM 25)

00000: 5(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	12:08	24:15	11	3:51	133	4:20	0.50	12:08	24:15	18	3:51	211	4:20
Wechsel S -> R	-	2:54	-	7	1:24	112	1:33	0.50	15:02	30:03	18	5:15	211	5:15
Schwimmen 000	0.50	15:02	30:03	18	5:15	211	5:15	0.50	15:02	30:03	18	5:15	211	5:15
Rad netto	20.00	37:21	1:52	8	5:23	92	13:08	20.50	52:23	2:33	18	7:31	211	11:14
Wechsel R -> L	-	1:02	-	10	0:31	82	0:36	20.50	53:25	2:36	18	7:53	211	11:30
Rad 000	20.00	38:23	1:55	6	5:19	85	12:46	20.50	53:25	2:36	18	7:53	211	11:30
Lauf Ziel	5.00	21:17	4:15	3	1:32	32	3:18	25.50	1:14:42	2:55	5	9:25	65	14:48