



# 17. Lorsch Triathlon

Lorsch / 21.08.2022

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Marcus Grossheimann

000: 1:26:53

00: 46

00: 25.50 km

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

00000/000: 199 (of 279)

00000/0: 160 (of 210)

000000: 59:54

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Senioren 4 (TM 55)

00000: 27(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	7:48	15:35	1	-	1	-	0.50	7:48	15:35	1	-	1	-
Wechsel S -> R	-	3:46	-	31	1:57	169	2:25	0.50	11:34	23:07	38	0:40	211	1:47
Schwimmen 000	0.50	11:34	23:07	38	0:40	211	1:47	0.50	11:34	23:07	38	0:40	211	1:47
Rad netto	20.00	42:29	2:07	30	9:34	183	18:16	20.50	54:03	2:38	38	10:02	211	12:54
Wechsel R -> L	-	1:32	-	29	0:55	173	1:06	20.50	55:35	2:42	38	10:46	211	13:40
Rad 000	20.00	44:01	2:12	31	10:06	187	18:24	20.50	55:35	2:42	38	10:46	211	13:40
Lauf Ziel	5.00	31:18	6:15	31	11:03	187	13:19	25.50	1:26:53	3:24	27	21:26	160	26:59