



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Ralf Rohde

000: 1:27:29

00: Kath. Kirchenmusikverein Lampertheim

00: 210

00: 25.50 km

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

00000/000: 204 (of 279)

00000/0: 163 (of 210)

000000: 59:54

0000:

Senioren 4 (TM 55)

00000: 28(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	10:34	21:07	13	2:46	70	2:46	0.50	10:34	21:07	38	2:46	211	2:46
Wechsel S -> R	-	3:59	-	34	2:10	179	2:38	0.50	14:33	29:06	38	3:39	211	4:46
Schwimmen 000	0.50	14:33	29:06	38	3:39	211	4:46	0.50	14:33	29:06	38	3:39	211	4:46
Rad netto	20.00	40:15	2:00	26	7:20	153	16:02	20.50	54:48	2:40	38	10:47	211	13:39
Wechsel R -> L	-	2:31	-	37	1:54	209	2:05	20.50	57:19	2:47	38	12:30	211	15:24
Rad 000	20.00	42:46	2:08	28	8:51	174	17:09	20.50	57:19	2:47	38	12:30	211	15:24
Lauf Ziel	5.00	30:10	6:01	29	9:55	175	12:11	25.50	1:27:29	3:25	28	22:02	163	27:35