



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Jörg Wirth

000: 1:30:29

00: wirth-facility-service

00: 212

00: 25.50 km

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

00000/000: 225 (of 279)

00000/0: 176 (of 210)

000000: 59:54

0000:

Senioren 4 (TM 55)

00000: 29(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	9:27	18:53	7	1:39	31	1:39	0.50	9:27	18:53	38	1:39	211	1:39
Wechsel S -> R	-	3:07	-	21	1:18	127	1:46	0.50	12:34	25:07	38	1:40	211	2:47
Schwimmen 000	0.50	12:34	25:07	38	1:40	211	2:47	0.50	12:34	25:07	38	1:40	211	2:47
Rad netto	20.00	41:13	2:03	28	8:18	171	17:00	20.50	53:47	2:37	38	9:46	211	12:38
Wechsel R -> L	-	0:56	-	8	0:19	63	0:30	20.50	54:43	2:40	38	9:54	117	12:48
Rad 000	20.00	42:09	2:06	25	8:14	163	16:32	20.50	54:43	2:40	38	9:54	117	12:48
Lauf Ziel	5.00	35:46	7:09	35	15:31	203	17:47	25.50	1:30:29	3:32	29	25:02	176	30:35