



17. Lorsch Triathlon

Lorsch / 21.08.2022

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Eberhard Kubach

□□□: 1:30:37

□□: 205

□□: 25.50 km

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

□□□□□/□□□: 227 (of 279)

□□□□□/□: 178 (of 210)

□□□□□□: 59:54

□□□□:

Senioren 4 (TM 55)

□□□□□: 31(of 37)

□□□□□□□: 1:05:27

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 14:48 | 29:36 | 34 | 7:00 | 195 | 7:00 | 0.50 | 14:48 | 29:36 | 38 | 7:00 | 211 | 7:00 |
| Wechsel S -> R | - | 3:58 | - | 33 | 2:09 | 177 | 2:37 | 0.50 | 18:46 | 37:31 | 38 | 7:52 | 211 | 8:59 |
| Schwimmen □□□ | 0.50 | 18:46 | 37:31 | 38 | 7:52 | 211 | 8:59 | 0.50 | 18:46 | 37:31 | 38 | 7:52 | 211 | 8:59 |
| Rad netto | 20.00 | 45:42 | 2:17 | 35 | 12:47 | 201 | 21:29 | 20.50 | 1:04:28 | 3:08 | 38 | 20:27 | 211 | 23:19 |
| Wechsel R -> L | - | 1:24 | - | 25 | 0:47 | 153 | 0:58 | 20.50 | 1:05:52 | 3:12 | 38 | 21:03 | 211 | 23:57 |
| Rad □□□ | 20.00 | 47:06 | 2:21 | 35 | 13:11 | 201 | 21:29 | 20.50 | 1:05:52 | 3:12 | 38 | 21:03 | 211 | 23:57 |
| Lauf Ziel | 5.00 | 24:45 | 4:57 | 14 | 4:30 | 98 | 6:46 | 25.50 | 1:30:37 | 3:33 | 31 | 25:10 | 178 | 30:43 |