



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Mario Zubrod

000: 1:33:55

00: 203

00: 25.50 km

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

00000/000: 248 (of 279)

00000/0: 193 (of 210)

000000: 59:54

0000:

Senioren 4 (TM 55)

00000: 32(of 37)

0000000: 1:05:27

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0000

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	12:29	24:57	24	4:41	146	4:41	0.50	12:29	24:57	38	4:41	211	4:41
Wechsel S -> R	-	4:24	-	36	2:35	190	3:03	0.50	16:53	33:45	38	5:59	211	7:06
Schwimmen 000	0.50	16:53	33:45	38	5:59	211	7:06	0.50	16:53	33:45	38	5:59	211	7:06
Rad netto	20.00	43:41	2:11	32	10:46	191	19:28	20.50	1:00:34	2:57	38	16:33	211	19:25
Wechsel R -> L	-	2:13	-	34	1:36	201	1:47	20.50	1:02:47	3:03	38	17:58	211	20:52
Rad 000	20.00	45:54	2:17	33	11:59	194	20:17	20.50	1:02:47	3:03	38	17:58	211	20:52
Lauf Ziel	5.00	31:08	6:13	30	10:53	186	13:09	25.50	1:33:55	3:40	32	28:28	193	34:01