



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

0000

0000

000

| 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 |