



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Ulf Glauner

000: 1:33:55

00: 130

00: 25.50 km

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

00000/000: 249 (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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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	13:28	26:56	29	5:40	174	5:40	0.50	13:28	26:56	38	5:40	211	5:40
Wechsel S -> R	-	3:01	-	19	1:12	118	1:40	0.50	16:29	32:58	38	5:35	211	6:42
Schwimmen 000	0.50	16:29	32:58	38	5:35	211	6:42	0.50	16:29	32:58	38	5:35	211	6:42
Rad netto	20.00	42:34	2:07	31	9:39	184	18:21	20.50	59:03	2:52	38	15:02	181	17:54
Wechsel R -> L	-	1:21	-	22	0:44	144	0:55	20.50	1:00:24	2:56	38	15:35	180	18:29
Rad 000	20.00	43:55	2:11	30	10:00	186	18:18	20.50	1:00:24	2:56	38	15:35	180	18:29
Lauf Ziel	5.00	33:31	6:42	33	13:16	196	15:32	25.50	1:33:55	3:40	32	28:28	193	34:01