



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Michael Reinelt

000: 1:37:44

00: 202

00: 25.50 km

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

00000/000: 260 (of 279)

00000/0: 201 (of 210)

000000: 59:54

0000:

Senioren 4 (TM 55)

00000: 34(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	18:00	36:00	37	10:12	210	10:12	0.50	18:00	36:00	38	10:12	211	10:12
Wechsel S -> R	-	3:19	-	26	1:30	144	1:58	0.50	21:19	42:37	38	10:25	211	11:32
Schwimmen 000	0.50	21:19	42:37	38	10:25	211	11:32	0.50	21:19	42:37	38	10:25	211	11:32
Rad netto	20.00	41:41	2:05	29	8:46	178	17:28	20.50	1:03:00	3:04	38	18:59	211	21:51
Wechsel R -> L	-	2:02	-	33	1:25	200	1:36	20.50	1:05:02	3:10	38	20:13	211	23:07
Rad 000	20.00	43:43	2:11	29	9:48	184	18:06	20.50	1:05:02	3:10	38	20:13	211	23:07
Lauf Ziel	5.00	32:42	6:32	32	12:27	194	14:43	25.50	1:37:44	3:49	34	32:17	201	37:50