



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Bernd Hölzel

000: 1:51:22

00: 157

00: 25.50 km

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

00000/000: 275 (of 279)

00000/0: 207 (of 210)

000000: 59:54

0000:

Senioren 4 (TM 55)

00000: 37(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	15:19	30:37	36	7:31	200	7:31	0.50	15:19	30:37	38	7:31	211	7:31
Wechsel S -> R	-	3:46	-	31	1:57	169	2:25	0.50	19:05	38:09	38	8:11	211	9:18
Schwimmen 000	0.50	19:05	38:09	38	8:11	211	9:18	0.50	19:05	38:09	38	8:11	211	9:18
Rad netto	20.00	47:37	2:22	36	14:42	204	23:24	20.50	1:06:42	3:15	38	22:41	205	25:33
Wechsel R -> L	-	1:30	-	27	0:53	169	1:04	20.50	1:08:12	3:19	38	23:23	205	26:17
Rad 000	20.00	49:07	2:27	36	15:12	205	23:30	20.50	1:08:12	3:19	38	23:23	205	26:17
Lauf Ziel	5.00	43:10	8:37	37	22:55	210	25:11	25.50	1:51:22	4:22	37	45:55	207	51:28