



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Walter Mayer

000: 1:23:48

00: Wassersportverein Lampertheim

00: 320

00: 25.50 km

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

00000/000: 176 (of 279)

00000/0: 147 (of 210)

000000: 59:54

0000:

Senioren 5 (TM 60)

00000: 5(of 12)

0000000: 1:11:52

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	12:43	25:26	8	2:58	152	4:55	0.50	12:43	25:26	13	2:58	211	4:55
Wechsel S -> R	-	4:02	-	10	2:06	184	2:41	0.50	16:45	33:30	7	4:27	211	6:58
Schwimmen 000	0.50	16:45	33:30	7	4:27	211	6:58	0.50	16:45	33:30	7	4:27	211	6:58
Rad netto	20.00	39:55	1:59	10	15:42	147	15:42	20.50	56:40	2:45	13	15:28	211	15:31
Wechsel R -> L	-	1:26	-	9	0:51	160	1:00	20.50	58:06	2:50	13	15:30	211	16:11
Rad 000	20.00	41:21	2:04	9	15:44	153	15:44	20.50	58:06	2:50	13	15:30	211	16:11
Lauf Ziel	5.00	25:42	5:08	4	2:22	120	7:43	25.50	1:23:48	3:17	5	11:56	147	23:54