



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Harald Buchert

000: 1:26:27

00: 228

00: 25.50 km

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

00000/000: 195 (of 279)

00000/0: 157 (of 210)

000000: 59:54

0000:

Senioren 5 (TM 60)

00000: 7(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	12:31	25:02	7	2:46	147	4:43	0.50	12:31	25:02	7	2:46	211	4:43
Wechsel S -> R	-	3:48	-	9	1:52	172	2:27	0.50	16:19	32:37	13	4:01	156	6:32
Schwimmen 000	0.50	16:19	32:37	13	4:01	156	6:32	0.50	16:19	32:37	13	4:01	156	6:32
Rad netto	20.00	37:55	1:53	7	13:42	104	13:42	20.50	54:14	2:38	8	13:02	211	13:05
Wechsel R -> L	-	1:10	-	5	0:35	109	0:44	20.50	55:24	2:42	8	12:48	211	13:29
Rad 000	20.00	39:05	1:57	7	13:28	101	13:28	20.50	55:24	2:42	8	12:48	211	13:29
Lauf Ziel	5.00	31:03	6:12	9	7:43	185	13:04	25.50	1:26:27	3:23	7	14:35	157	26:33