



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Alois Leibetseder

000: 1:30:00

00: 4

00: 25.50 km

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

00000/000: 224 (of 279)

00000/0: 175 (of 210)

000000: 59:54

0000:

Senioren 5 (TM 60)

00000: 8(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	12:09	24:18	6	2:24	134	4:21	0.50	12:09	24:18	13	2:24	134	4:21
Wechsel S -> R	-	5:22	-	12	3:26	207	4:01	0.50	17:31	35:01	13	5:13	211	7:44
Schwimmen 000	0.50	17:31	35:01	13	5:13	211	7:44	0.50	17:31	35:01	13	5:13	211	7:44
Rad netto	20.00	39:01	1:57	9	14:48	129	14:48	20.50	56:32	2:45	13	15:20	211	15:23
Wechsel R -> L	-	2:27	-	12	1:52	207	2:01	20.50	58:59	2:52	13	16:23	211	17:04
Rad 000	20.00	41:28	2:04	10	15:51	154	15:51	20.50	58:59	2:52	13	16:23	211	17:04
Lauf Ziel	5.00	31:01	6:12	8	7:41	184	13:02	25.50	1:30:00	3:31	8	18:08	175	30:06