



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Ralf Alexander

000: 1:31:32

00: 230

00: 25.50 km

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

00000/000: 237 (of 279)

00000/0: 186 (of 210)

000000: 59:54

0000:

Senioren 5 (TM 60)

00000: 9(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	11:24	22:48	5	1:39	105	3:36	0.50	11:24	22:48	5	1:39	211	3:36
Wechsel S -> R	-	3:08	-	5	1:12	130	1:47	0.50	14:32	29:03	13	2:14	114	4:45
Schwimmen 000	0.50	14:32	29:03	13	2:14	114	4:45	0.50	14:32	29:03	13	2:14	114	4:45
Rad netto	20.00	38:26	1:55	8	14:13	117	14:13	20.50	52:58	2:35	6	11:46	211	11:49
Wechsel R -> L	-	2:22	-	11	1:47	206	1:56	20.50	55:20	2:41	7	12:44	211	13:25
Rad 000	20.00	40:48	2:02	8	15:11	140	15:11	20.50	55:20	2:41	7	12:44	211	13:25
Lauf Ziel	5.00	36:12	7:14	11	12:52	204	18:13	25.50	1:31:32	3:35	9	19:40	186	31:38