



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Jörg Bartelt

000: 1:31:38

00: 268

00: 25.50 km

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

00000/000: 238 (of 279)

00000/0: 187 (of 210)

000000: 59:54

0000:

Senioren 5 (TM 60)

00000: 10(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	14:31	29:02	12	4:46	193	6:43	0.50	14:31	29:02	12	4:46	211	6:43
Wechsel S -> R	-	5:05	-	11	3:09	204	3:44	0.50	19:36	39:12	13	7:18	201	9:49
Schwimmen 000	0.50	19:36	39:12	13	7:18	201	9:49	0.50	19:36	39:12	13	7:18	201	9:49
Rad netto	20.00	41:39	2:04	11	17:26	177	17:26	20.50	1:01:15	2:59	12	20:03	211	20:06
Wechsel R -> L	-	0:52	-	3	0:17	52	0:26	20.50	1:02:07	3:01	12	19:31	211	20:12
Rad 000	20.00	42:31	2:07	11	16:54	172	16:54	20.50	1:02:07	3:01	12	19:31	211	20:12
Lauf Ziel	5.00	29:31	5:54	7	6:11	167	11:32	25.50	1:31:38	3:35	10	19:46	187	31:44