



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Ulrich Heck

000: 1:32:52

00: 229

00: 25.50 km

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

00000/000: 243 (of 279)

00000/0: 189 (of 210)

000000: 59:54

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Senioren 5 (TM 60)

00000: 11(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	14:27	28:53	11	4:42	192	6:39	0.50	14:27	28:53	11	4:42	211	6:39
Wechsel S -> R	-	3:39	-	7	1:43	165	2:18	0.50	18:06	36:12	13	5:48	191	8:19
Schwimmen 000	0.50	18:06	36:12	13	5:48	191	8:19	0.50	18:06	36:12	13	5:48	191	8:19
Rad netto	20.00	36:05	1:48	5	11:52	69	11:52	20.50	54:11	2:38	7	12:59	211	13:02
Wechsel R -> L	-	1:06	-	4	0:31	98	0:40	20.50	55:17	2:41	6	12:41	211	13:22
Rad 000	20.00	37:11	1:51	5	11:34	68	11:34	20.50	55:17	2:41	6	12:41	211	13:22
Lauf Ziel	5.00	37:35	7:31	12	14:15	205	19:36	25.50	1:32:52	3:38	11	21:00	189	32:58