



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Reinhard Held

000: 1:10:34

00: TV Lorsch

00: 154

00: 25.50 km

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

00000/000: 36 (of 279)

00000/0: 35 (of 210)

000000: 59:54

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Senioren 6 (TM 65)

00000: 1(of 10)

0000000: 1:10:34

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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	9:53	19:45	2	0:07	40	2:05	0.50	9:53	19:45	11	0:07	211	2:05
Wechsel S -> R	-	1:42	-	1	-	7	0:21	0.50	11:35	23:10	1	-	211	1:48
Schwimmen 000	0.50	11:35	23:10	1	-	211	1:48	0.50	11:35	23:10	1	-	211	1:48
Rad netto	20.00	34:53	1:44	1	-	42	10:40	20.50	46:28	2:15	1	-	28	5:19
Wechsel R -> L	-	0:51	-	1	-	47	0:25	20.50	47:19	2:18	1	-	25	5:24
Rad 000	20.00	35:44	1:47	1	-	34	10:07	20.50	47:19	2:18	1	-	25	5:24
Lauf Ziel	5.00	23:15	4:39	1	-	66	5:16	25.50	1:10:34	2:46	1	-	35	10:40