



17. Lorsch Triathlon

Lorsch / 21.08.2022

□□□□

Gerd Schneider

□□□: 1:29:08

□□: 316

□□: 25.50 km

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

□□□□□/□□□: 215 (of 279)

□□□□□/□: 169 (of 210)

□□□□□□: 59:54

□□□□:

Senioren 6 (TM 65)

□□□□□: 4(of 10)

□□□□□□□: 1:10:34

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 11:48 | 23:36 | 4 | 2:02 | 121 | 4:00 | 0.50 | 11:48 | 23:36 | 11 | 2:02 | 211 | 4:00 |
| Wechsel S -> R | - | 4:44 | - | 10 | 3:02 | 200 | 3:23 | 0.50 | 16:32 | 33:04 | 11 | 4:57 | 211 | 6:45 |
| Schwimmen □□□ | 0.50 | 16:32 | 33:04 | 11 | 4:57 | 211 | 6:45 | 0.50 | 16:32 | 33:04 | 11 | 4:57 | 211 | 6:45 |
| Rad netto | 20.00 | 39:26 | 1:58 | 4 | 4:33 | 137 | 15:13 | 20.50 | 55:58 | 2:43 | 11 | 9:30 | 211 | 14:49 |
| Wechsel R -> L | - | 1:15 | - | 4 | 0:24 | 129 | 0:49 | 20.50 | 57:13 | 2:47 | 11 | 9:54 | 211 | 15:18 |
| Rad □□□ | 20.00 | 40:41 | 2:02 | 4 | 4:57 | 139 | 15:04 | 20.50 | 57:13 | 2:47 | 11 | 9:54 | 211 | 15:18 |
| Lauf Ziel | 5.00 | 31:55 | 6:23 | 6 | 8:40 | 191 | 13:56 | 25.50 | 1:29:08 | 3:29 | 4 | 18:34 | 169 | 29:14 |