



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Axel Künkeler

000: 1:31:01

00: 5

00: 25.50 km

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

00000/000: 230 (of 279)

00000/0: 180 (of 210)

000000: 59:54

0000:

Senioren 6 (TM 65)

00000: 5(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	14:06	28:11	7	4:20	186	6:18	0.50	14:06	28:11	11	4:20	186	6:18
Wechsel S -> R	-	4:39	-	7	2:57	197	3:18	0.50	18:45	37:30	11	7:10	211	8:58
Schwimmen 000	0.50	18:45	37:30	11	7:10	211	8:58	0.50	18:45	37:30	11	7:10	211	8:58
Rad netto	20.00	39:59	1:59	5	5:06	148	15:46	20.50	58:44	2:51	11	12:16	211	17:35
Wechsel R -> L	-	1:49	-	8	0:58	192	1:23	20.50	1:00:33	2:57	11	13:14	211	18:38
Rad 000	20.00	41:48	2:05	5	6:04	160	16:11	20.50	1:00:33	2:57	11	13:14	211	18:38
Lauf Ziel	5.00	30:28	6:05	4	7:13	177	12:29	25.50	1:31:01	3:34	5	20:27	180	31:07