



17. Lorsch Triathlon

Lorsch / 21.08.2022

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Dieter Kary

□□□: 1:14:09

□□: 218

□□: 25.50 km

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

□□□□□/□□□: 64 (of 279)

□□□□□/□: 59 (of 210)

□□□□□□: 59:54

□□□□:

Senioren 7 (TM 70)

□□□□□: 1(of 4)

□□□□□□□: 1:14:09

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 10:42 | 21:23 | 1 | - | 76 | 2:54 | 0.50 | 10:42 | 21:23 | 1 | - | 211 | 2:54 | |
| Wechsel S -> R | - | 2:17 | - | 1 | - | 41 | 0:56 | 0.50 | 12:59 | 25:57 | 1 | - | 61 | 3:12 | |
| Schwimmen □□□ | 0.50 | 12:59 | 25:57 | 1 | - | 61 | 3:12 | 0.50 | 12:59 | 25:57 | 1 | - | 61 | 3:12 | |
| Rad netto | 20.00 | 36:35 | 1:49 | 1 | - | 78 | 12:22 | 20.50 | 49:34 | 2:25 | 1 | - | 211 | 8:25 | |
| Wechsel R -> L | - | 0:56 | - | 1 | - | 63 | 0:30 | 20.50 | 50:30 | 2:27 | 1 | - | 211 | 8:35 | |
| Rad □□□ | 20.00 | 37:31 | 1:52 | 1 | - | 77 | 11:54 | 20.50 | 50:30 | 2:27 | 1 | - | 211 | 8:35 | |
| Lauf Ziel | 5.00 | 23:39 | 4:43 | 1 | - | 71 | 5:40 | 25.50 | 1:14:09 | 2:54 | 1 | - | 59 | 14:15 | |