



# 17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Willi Kolb

000: 1:36:23

00: 222

00: 25.50 km

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

00000/000: 258 (of 279)

00000/0: 199 (of 210)

000000: 59:54

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Senioren 7 (TM 70)

00000: 4(of 4)

0000000: 1:14:09

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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	11:58	23:56	2	1:16	128	4:10	0.50	11:58	23:56	2	1:16	211	4:10
Wechsel S -> R	-	2:50	-	2	0:33	106	1:29	0.50	14:48	29:36	2	1:49	122	5:01
Schwimmen 000	0.50	14:48	29:36	2	1:49	122	5:01	0.50	14:48	29:36	2	1:49	122	5:01
Rad netto	20.00	44:59	2:14	4	8:24	198	20:46	20.50	59:47	2:54	4	10:13	211	18:38
Wechsel R -> L	-	1:09	-	2	0:13	102	0:43	20.50	1:00:56	2:58	4	10:26	211	19:01
Rad 000	20.00	46:08	2:18	4	8:37	197	20:31	20.50	1:00:56	2:58	4	10:26	211	19:01
Lauf Ziel	5.00	35:27	7:05	4	11:48	201	17:28	25.50	1:36:23	3:46	4	22:14	199	36:29