



17. Lorsch Triathlon

Lorsch / 21.08.2022

□□□□

Danny Dechant

□□□: 1:15:14

□□: 334

□□: 25.50 km

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

□□□□□/□□□: 77 (of 279)

□□□□□/□: 9 (of 69)

□□□□□□: 1:06:39

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Seniorinnen 1 (TW 40)

□□□□□: 3(of 10)

□□□□□□□: 1:06:39

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 10:38 | 21:15 | 4 | 2:03 | 17 | 2:52 | 0.50 | 10:38 | 21:15 | 11 | 2:03 | 70 | 2:52 |
| Wechsel S -> R | - | 2:16 | - | 4 | 0:34 | 11 | 0:34 | 0.50 | 12:54 | 25:48 | 11 | 2:37 | 70 | 2:58 |
| Schwimmen □□□ | 0.50 | 12:54 | 25:48 | 11 | 2:37 | 70 | 2:58 | 0.50 | 12:54 | 25:48 | 11 | 2:37 | 70 | 2:58 |
| Rad netto | 20.00 | 37:39 | 1:52 | 2 | 2:32 | 8 | 2:32 | 20.50 | 50:33 | 2:27 | 11 | 5:09 | 70 | 5:09 |
| Wechsel R -> L | - | 0:55 | - | 4 | 0:16 | 25 | 0:17 | 20.50 | 51:28 | 2:30 | 11 | 5:06 | 70 | 5:06 |
| Rad □□□ | 20.00 | 38:34 | 1:55 | 3 | 2:29 | 7 | 2:29 | 20.50 | 51:28 | 2:30 | 11 | 5:06 | 70 | 5:06 |
| Lauf Ziel | 5.00 | 23:46 | 4:45 | 4 | 3:29 | 9 | 3:29 | 25.50 | 1:15:14 | 2:57 | 3 | 8:35 | 9 | 8:35 |