



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Orpha Tank

000: 1:32:12

00: 62

00: 25.50 km

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

00000/000: 242 (of 279)

00000/0: 54 (of 69)

000000: 1:06:39

0000:

Seniorinnen 2 (TW 45)

00000: 11(of 13)

0000000: 1:22:55

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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	13:07	26:14	8	3:22	52	5:21	0.50	13:07	26:14	14	3:22	70	5:21
Wechsel S -> R	-	3:46	-	10	1:17	52	2:04	0.50	16:53	33:45	14	4:39	70	6:57
Schwimmen 000	0.50	16:53	33:45	14	4:39	70	6:57	0.50	16:53	33:45	14	4:39	70	6:57
Rad netto	20.00	41:47	2:05	8	3:59	40	6:40	20.50	58:40	2:51	14	6:53	46	13:16
Wechsel R -> L	-	1:47	-	11	0:39	62	1:09	20.50	1:00:27	2:56	14	7:32	47	14:05
Rad 000	20.00	43:34	2:10	9	4:14	44	7:29	20.50	1:00:27	2:56	14	7:32	47	14:05
Lauf Ziel	5.00	31:45	6:20	13	10:38	58	11:28	25.50	1:32:12	3:36	11	9:17	54	25:33