



17. Lorsch Triathlon

Lorsch / 21.08.2022

□□□□

Martin Walter

□□□: 1:23:37

□□: 143

□□: 25.50 km

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

□□□□□/□□□: 173 (of 279)

□□□□□/□: 144 (of 210)

□□□□□□: 59:54

□□□□:

männliche AK 2 (TM 25)

□□□□□: 13(of 17)

□□□□□□□: 1:05:17

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 10:22 | 20:44 | 6 | 2:05 | 63 | 2:34 | 0.50 | 10:22 | 20:44 | 18 | 2:05 | 211 | 2:34 |
| Wechsel S -> R | - | 3:27 | - | 12 | 1:57 | 152 | 2:06 | 0.50 | 13:49 | 27:37 | 18 | 4:02 | 211 | 4:02 |
| Schwimmen □□□ | 0.50 | 13:49 | 27:37 | 18 | 4:02 | 211 | 4:02 | 0.50 | 13:49 | 27:37 | 18 | 4:02 | 211 | 4:02 |
| Rad netto | 20.00 | 39:35 | 1:58 | 12 | 7:37 | 142 | 15:22 | 20.50 | 53:24 | 2:36 | 18 | 8:32 | 113 | 12:15 |
| Wechsel R -> L | - | 1:14 | - | 13 | 0:43 | 126 | 0:48 | 20.50 | 54:38 | 2:39 | 18 | 9:06 | 116 | 12:43 |
| Rad □□□ | 20.00 | 40:49 | 2:02 | 12 | 7:45 | 141 | 15:12 | 20.50 | 54:38 | 2:39 | 18 | 9:06 | 116 | 12:43 |
| Lauf Ziel | 5.00 | 28:59 | 5:47 | 13 | 9:14 | 160 | 11:00 | 25.50 | 1:23:37 | 3:16 | 13 | 18:20 | 144 | 23:43 |