



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Martin Glanzner

000: 1:30:39

00: 255

00: 25.50 km

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

00000/000: 228 (of 279)

00000/0: 179 (of 210)

000000: 59:54

0000:

männliche AK 2 (TM 25)

00000: 15(of 17)

0000000: 1:05:17

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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 | 16 | 4:50 | 163 | 5:19 | 0.50 | 13:07 | 26:14 | 16 | 4:50 | 211 | 5:19 |
| Wechsel S -> R | - | 4:08 | - | 17 | 2:38 | 188 | 2:47 | 0.50 | 17:15 | 34:30 | 16 | 7:28 | 178 | 7:28 |
| Schwimmen 000 | 0.50 | 17:15 | 34:30 | 16 | 7:28 | 178 | 7:28 | 0.50 | 17:15 | 34:30 | 16 | 7:28 | 178 | 7:28 |
| Rad netto | 20.00 | 41:05 | 2:03 | 14 | 9:07 | 166 | 16:52 | 20.50 | 58:20 | 2:50 | 16 | 13:28 | 211 | 17:11 |
| Wechsel R -> L | - | 0:36 | - | 2 | 0:05 | 7 | 0:10 | 20.50 | 58:56 | 2:52 | 16 | 13:24 | 211 | 17:01 |
| Rad 000 | 20.00 | 41:41 | 2:05 | 14 | 8:37 | 158 | 16:04 | 20.50 | 58:56 | 2:52 | 16 | 13:24 | 211 | 17:01 |
| Lauf Ziel | 5.00 | 31:43 | 6:20 | 16 | 11:58 | 189 | 13:44 | 25.50 | 1:30:39 | 3:33 | 15 | 25:22 | 179 | 30:45 |