



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

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 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