



17. Lorsch Triathlon

Lorsch / 21.08.2022

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Simon Klemenz

000: 1:11:00

00: 135

00: 25.50 km

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

00000/000: 39 (of 279)

00000/0: 37 (of 210)

000000: 59:54

0000:

männliche AK 1 (TM 20)

00000: 3(of 12)

0000000: 1:05:03

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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	10:09	20:18	5	1:35	51	2:21	0.50	10:09	20:18	13	1:35	211	2:21
Wechsel S -> R	-	2:08	-	3	0:39	28	0:47	0.50	12:17	24:33	13	2:09	211	2:30
Schwimmen 000	0.50	12:17	24:33	13	2:09	211	2:30	0.50	12:17	24:33	13	2:09	211	2:30
Rad netto	20.00	35:58	1:47	5	3:12	62	11:45	20.50	48:15	2:21	13	5:12	44	7:06
Wechsel R -> L	-	0:56	-	6	0:19	63	0:30	20.50	49:11	2:23	13	5:22	42	7:16
Rad 000	20.00	36:54	1:50	5	3:22	62	11:17	20.50	49:11	2:23	13	5:22	42	7:16
Lauf Ziel	5.00	21:49	4:21	6	2:19	43	3:50	25.50	1:11:00	2:47	3	5:57	37	11:06