



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Daniel Hartenstein

000: 1:01:16

00: 256

00: 25.50 km

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

00000/000: 2 (of 279)

00000/0: 2 (of 210)

000000: 59:54

0000:

männliche AK 3 (TM 30)

00000: 2(of 17)

0000000: 59:54

0000

0000

000

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	8:55	17:49	1	-	13	1:07	0.50	8:55	17:49	1	-	211	1:07
Wechsel S -> R	-	1:50	-	2	0:22	13	0:29	0.50	10:45	21:30	18	0:20	9	0:58
Schwimmen 000	0.50	10:45	21:30	18	0:20	9	0:58	0.50	10:45	21:30	18	0:20	9	0:58
Rad netto	20.00	31:45	1:35	2	1:01	6	7:32	20.50	42:30	2:04	18	1:21	211	1:21
Wechsel R -> L	-	0:46	-	4	0:16	27	0:20	20.50	43:16	2:06	18	1:21	211	1:21
Rad 000	20.00	32:31	1:37	2	1:01	7	6:54	20.50	43:16	2:06	18	1:21	211	1:21
Lauf Ziel	5.00	18:00	3:36	2	0:01	2	0:01	25.50	1:01:16	2:24	2	1:22	2	1:22