



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Tim Sentner

000: 1:10:35

00: 168

00: 25.50 km

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

0000:

männliche AK 3 (TM 30)

00000/000: 37 (of 279)

00000/0: 36 (of 210)

000000: 59:54

00000: 5(of 17)

0000000: 59:54

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	11:27	22:53	11	2:32	108	3:39	0.50	11:27	22:53	18	2:32	211	3:39	
Wechsel S -> R	-	2:04	-	3	0:36	25	0:43	0.50	13:31	27:02	18	3:06	78	3:44	
Schwimmen 000	0.50	13:31	27:02	18	3:06	78	3:44	0.50	13:31	27:02	18	3:06	78	3:44	
Rad netto	20.00	34:53	1:44	5	4:09	42	10:40	20.50	48:24	2:21	18	7:15	211	7:15	
Wechsel R -> L	-	0:55	-	8	0:25	60	0:29	20.50	49:19	2:24	18	7:24	211	7:24	
Rad 000	20.00	35:48	1:47	4	4:18	36	10:11	20.50	49:19	2:24	18	7:24	211	7:24	
Lauf Ziel	5.00	21:16	4:15	4	3:17	31	3:17	25.50	1:10:35	2:46	5	10:41	36	10:41	