



# 17. Lorsch Triathlon

Lorsch / 21.08.2022

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Markus Antoni

000: 1:18:57

00: DLRG Bensheim/Heppenheim

00: 301

00: 25.50 km

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

00000/000: 118 (of 279)

00000/0: 104 (of 210)

000000: 59:54

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männliche AK 3 (TM 30)

00000: 10(of 17)

0000000: 59:54

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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	9:56	19:52	5	1:01	43	2:08	0.50	9:56	19:52	18	1:01	211	2:08
Wechsel S -> R	-	2:51	-	9	1:23	108	1:30	0.50	12:47	25:33	6	2:22	211	3:00
Schwimmen 000	0.50	12:47	25:33	6	2:22	211	3:00	0.50	12:47	25:33	6	2:22	211	3:00
Rad netto	20.00	39:41	1:59	10	8:57	144	15:28	20.50	52:28	2:33	18	11:19	211	11:19
Wechsel R -> L	-	0:36	-	2	0:06	7	0:10	20.50	53:04	2:35	18	11:09	211	11:09
Rad 000	20.00	40:17	2:00	10	8:47	132	14:40	20.50	53:04	2:35	18	11:09	211	11:09
Lauf Ziel	5.00	25:53	5:10	12	7:54	127	7:54	25.50	1:18:57	3:05	10	19:03	104	19:03