



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Jannis Ludwig

000: 1:21:52

00: 322

00: 25.50 km

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

00000/000: 155 (of 279)

00000/0: 134 (of 210)

000000: 59:54

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männliche AK 3 (TM 30)

00000: 13(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	12:27	24:53	13	3:32	144	4:39	0.50	12:27	24:53	18	3:32	211	4:39
Wechsel S -> R	-	3:26	-	12	1:58	151	2:05	0.50	15:53	31:45	18	5:28	211	6:06
Schwimmen 000	0.50	15:53	31:45	18	5:28	211	6:06	0.50	15:53	31:45	18	5:28	211	6:06
Rad netto	20.00	41:44	2:05	15	11:00	181	17:31	20.50	57:37	2:48	18	16:28	211	16:28
Wechsel R -> L	-	0:30	-	1	-	3	0:04	20.50	58:07	2:50	18	16:12	211	16:12
Rad 000	20.00	42:14	2:06	13	10:44	166	16:37	20.50	58:07	2:50	18	16:12	211	16:12
Lauf Ziel	5.00	23:45	4:45	7	5:46	73	5:46	25.50	1:21:52	3:12	13	21:58	134	21:58