



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Volker Schäfer

000: 1:25:21

00: 51

00: 25.50 km

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

00000/000: 188 (of 279)

00000/0: 153 (of 210)

000000: 59:54

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männliche AK 3 (TM 30)

00000: 14(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	11:44	23:27	12	2:49	116	3:56	0.50	11:44	23:27	18	2:49	116	3:56
Wechsel S -> R	-	3:53	-	15	2:25	175	2:32	0.50	15:37	31:14	18	5:12	211	5:50
Schwimmen 000	0.50	15:37	31:14	18	5:12	211	5:50	0.50	15:37	31:14	18	5:12	211	5:50
Rad netto	20.00	40:48	2:02	12	10:04	160	16:35	20.50	56:25	2:45	18	15:16	211	15:16
Wechsel R -> L	-	1:28	-	15	0:58	166	1:02	20.50	57:53	2:49	18	15:58	162	15:58
Rad 000	20.00	42:16	2:06	14	10:46	167	16:39	20.50	57:53	2:49	18	15:58	162	15:58
Lauf Ziel	5.00	27:28	5:29	15	9:29	148	9:29	25.50	1:25:21	3:20	14	25:27	153	25:27