



17. Lorsch Triathlon

Lorsch / 21.08.2022

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Adam Kaffenberger

000: 1:05:07

00: 286

00: 25.50 km

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

00000/000: 7 (of 279)

00000/0: 7 (of 210)

000000: 59:54

0000:

männliche AK 4 (TM 35)

00000: 2(of 24)

0000000: 1:03:42

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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	9:49	19:37	6	1:44	39	2:01	0.50	9:49	19:37	25	1:44	211	2:01
Wechsel S -> R	-	2:27	-	11	0:44	59	1:06	0.50	12:16	24:32	25	1:45	211	2:29
Schwimmen 000	0.50	12:16	24:32	25	1:45	211	2:29	0.50	12:16	24:32	25	1:45	211	2:29
Rad netto	20.00	32:47	1:38	1	-	11	8:34	20.50	45:03	2:11	25	1:10	211	3:54
Wechsel R -> L	-	1:16	-	16	0:34	134	0:50	20.50	46:19	2:15	25	1:26	211	4:24
Rad 000	20.00	34:03	1:42	1	-	13	8:26	20.50	46:19	2:15	25	1:26	211	4:24
Lauf Ziel	5.00	18:48	3:45	1	-	4	0:49	25.50	1:05:07	2:33	2	1:25	7	5:13