



# 17. Lorsch Triathlon

Lorsch / 21.08.2022

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## Thomas Wagner

000: 1:08:03

00: United Runners of Pfalz

00: 173

00: 25.50 km

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

00000/000: 22 (of 279)

00000/0: 21 (of 210)

000000: 59:54

0000:

männliche AK 4 (TM 35)

00000: 4(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	9:57	19:53	7	1:52	44	2:09	0.50	9:57	19:53	25	1:52	211	2:09
Wechsel S -> R	-	3:06	-	18	1:23	125	1:45	0.50	13:03	26:06	25	2:32	211	3:16
Schwimmen 000	0.50	13:03	26:06	25	2:32	211	3:16	0.50	13:03	26:06	25	2:32	211	3:16
Rad netto	20.00	34:05	1:42	4	1:18	25	9:52	20.50	47:08	2:17	25	3:15	211	5:59
Wechsel R -> L	-	1:03	-	11	0:21	88	0:37	20.50	48:11	2:21	25	3:18	211	6:16
Rad 000	20.00	35:08	1:45	4	1:05	26	9:31	20.50	48:11	2:21	25	3:18	211	6:16
Lauf Ziel	5.00	19:52	3:58	4	1:04	11	1:53	25.50	1:08:03	2:40	4	4:21	21	8:09