



17. Lorsch Triathlon

Lorsch / 21.08.2022

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Marco Voll

□□□: 1:08:15

□□: United Runners of Pfalz

□□: 152

□□: 25.50 km

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

□□□□□/□□□: 24 (of 279)

□□□□□/□: 23 (of 210)

□□□□□□: 59:54

□□□□:

männliche AK 4 (TM 35)

□□□□□: 5(of 24)

□□□□□□□: 1:03:42

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 9:38 | 19:15 | 5 | 1:33 | 32 | 1:50 | 0.50 | 9:38 | 19:15 | 25 | 1:33 | 211 | 1:50 |
| Wechsel S -> R | - | 2:27 | - | 11 | 0:44 | 59 | 1:06 | 0.50 | 12:05 | 24:10 | 5 | 1:34 | 211 | 2:18 |
| Schwimmen □□□ | 0.50 | 12:05 | 24:10 | 5 | 1:34 | 211 | 2:18 | 0.50 | 12:05 | 24:10 | 5 | 1:34 | 211 | 2:18 |
| Rad netto | 20.00 | 34:18 | 1:42 | 6 | 1:31 | 29 | 10:05 | 20.50 | 46:23 | 2:15 | 5 | 2:30 | 26 | 5:14 |
| Wechsel R -> L | - | 1:33 | - | 22 | 0:51 | 175 | 1:07 | 20.50 | 47:56 | 2:20 | 5 | 3:03 | 32 | 6:01 |
| Rad □□□ | 20.00 | 35:51 | 1:47 | 7 | 1:48 | 39 | 10:14 | 20.50 | 47:56 | 2:20 | 5 | 3:03 | 32 | 6:01 |
| Lauf Ziel | 5.00 | 20:19 | 4:03 | 5 | 1:31 | 16 | 2:20 | 25.50 | 1:08:15 | 2:40 | 5 | 4:33 | 23 | 8:21 |