



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Mathias Lochschmidt

000: 1:09:40

00: 283

00: 25.50 km

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

00000/000: 30 (of 279)

00000/0: 29 (of 210)

000000: 59:54

0000:

männliche AK 4 (TM 35)

00000: 7(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	10:34	21:07	10	2:29	70	2:46	0.50	10:34	21:07	25	2:29	211	2:46
Wechsel S -> R	-	2:16	-	7	0:33	39	0:55	0.50	12:50	25:40	25	2:19	211	3:03
Schwimmen 000	0.50	12:50	25:40	25	2:19	211	3:03	0.50	12:50	25:40	25	2:19	211	3:03
Rad netto	20.00	34:09	1:42	5	1:22	28	9:56	20.50	46:59	2:17	25	3:06	211	5:50
Wechsel R -> L	-	1:14	-	15	0:32	126	0:48	20.50	48:13	2:21	25	3:20	211	6:18
Rad 000	20.00	35:23	1:46	5	1:20	29	9:46	20.50	48:13	2:21	25	3:20	211	6:18
Lauf Ziel	5.00	21:27	4:17	6	2:39	34	3:28	25.50	1:09:40	2:43	7	5:58	29	9:46