



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Florian Gebhard

000: 1:14:41

00: 303

00: 25.50 km

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

00000/000: 70 (of 279)

00000/0: 64 (of 210)

000000: 59:54

0000:

männliche AK 4 (TM 35)

00000: 12(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	11:09	22:18	14	3:04	93	3:21	0.50	11:09	22:18	25	3:04	211	3:21
Wechsel S -> R	-	2:40	-	13	0:57	85	1:19	0.50	13:49	27:37	25	3:18	211	4:02
Schwimmen 000	0.50	13:49	27:37	25	3:18	211	4:02	0.50	13:49	27:37	25	3:18	211	4:02
Rad netto	20.00	35:07	1:45	8	2:20	48	10:54	20.50	48:56	2:23	25	5:03	211	7:47
Wechsel R -> L	-	1:26	-	19	0:44	160	1:00	20.50	50:22	2:27	25	5:29	211	8:27
Rad 000	20.00	36:33	1:49	9	2:30	54	10:56	20.50	50:22	2:27	25	5:29	211	8:27
Lauf Ziel	5.00	24:19	4:51	14	5:31	89	6:20	25.50	1:14:41	2:55	12	10:59	64	14:47