



17. Lorsch Triathlon

Lorsch / 21.08.2022

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David Zimmermann

000: 1:20:38

00: 257

00: 25.50 km

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

00000/000: 141 (of 279)

00000/0: 124 (of 210)

000000: 59:54

0000:

männliche AK 4 (TM 35)

00000: 17(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	8:05	16:10	1	-	2	0:17	0.50	8:05	16:10	1	-	211	0:17
Wechsel S -> R	-	2:41	-	14	0:58	88	1:20	0.50	10:46	21:32	25	0:15	10	0:59
Schwimmen 000	0.50	10:46	21:32	25	0:15	10	0:59	0.50	10:46	21:32	25	0:15	10	0:59
Rad netto	20.00	40:19	2:00	19	7:32	155	16:06	20.50	51:05	2:29	25	7:12	211	9:56
Wechsel R -> L	-	0:58	-	6	0:16	70	0:32	20.50	52:03	2:32	25	7:10	211	10:08
Rad 000	20.00	41:17	2:03	20	7:14	152	15:40	20.50	52:03	2:32	25	7:10	211	10:08
Lauf Ziel	5.00	28:35	5:43	21	9:47	157	10:36	25.50	1:20:38	3:09	17	16:56	124	20:44