



# 17. Lorsch Triathlon

Lorsch / 21.08.2022

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**Carsten Merz**

000: 1:21:38

00: Keetze Hocker

00: 40

00: 25.50 km

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

00000/000: 153 (of 279)

00000/0: 132 (of 210)

000000: 59:54

0000:

männliche AK 4 (TM 35)

00000: 18(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	14:52	29:44	24	6:47	196	7:04	0.50	14:52	29:44	25	6:47	196	7:04
Wechsel S -> R	-	2:23	-	9	0:40	51	1:02	0.50	17:15	34:30	25	6:44	178	7:28
Schwimmen 000	0.50	17:15	34:30	25	6:44	178	7:28	0.50	17:15	34:30	25	6:44	178	7:28
Rad netto	20.00	38:19	1:54	16	5:32	112	14:06	20.50	55:34	2:42	25	11:41	211	14:25
Wechsel R -> L	-	1:30	-	21	0:48	169	1:04	20.50	57:04	2:47	25	12:11	211	15:09
Rad 000	20.00	39:49	1:59	15	5:46	118	14:12	20.50	57:04	2:47	25	12:11	211	15:09
Lauf Ziel	5.00	24:34	4:54	17	5:46	97	6:35	25.50	1:21:38	3:12	18	17:56	132	21:44