



17. Lorsch Triathlon

Lorsch / 21.08.2022

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Tobias Lauterbach

000: 1:28:23

00: 338

00: 25.50 km

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

00000/000: 212 (of 279)

00000/0: 167 (of 210)

000000: 59:54

0000:

männliche AK 4 (TM 35)

00000: 22(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	14:05	28:10	23	6:00	185	6:17	0.50	14:05	28:10	25	6:00	211	6:17
Wechsel S -> R	-	4:00	-	22	2:17	181	2:39	0.50	18:05	36:09	25	7:34	211	8:18
Schwimmen 000	0.50	18:05	36:09	25	7:34	211	8:18	0.50	18:05	36:09	25	7:34	211	8:18
Rad netto	20.00	44:58	2:14	24	12:11	197	20:45	20.50	1:03:03	3:04	25	19:10	211	21:54
Wechsel R -> L	-	1:02	-	10	0:20	82	0:36	20.50	1:04:05	3:07	25	19:12	211	22:10
Rad 000	20.00	46:00	2:17	23	11:57	195	20:23	20.50	1:04:05	3:07	25	19:12	211	22:10
Lauf Ziel	5.00	24:18	4:51	13	5:30	88	6:19	25.50	1:28:23	3:27	22	24:41	167	28:29