



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Yannik Henter

000: 1:14:53

00: LCI Speyer

00: 42

00: 25.50 km

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

00000/000: 73 (of 279)

00000/0: 67 (of 210)

000000: 59:54

0000:

männliche AK 1 (TM 20)

00000: 7(of 12)

0000000: 1:05:03

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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	10:02	20:03	3	1:28	45	2:14	0.50	10:02	20:03	13	1:28	45	2:14
Wechsel S -> R	-	2:31	-	4	1:02	67	1:10	0.50	12:33	25:06	13	2:25	211	2:46
Schwimmen 000	0.50	12:33	25:06	13	2:25	211	2:46	0.50	12:33	25:06	13	2:25	211	2:46
Rad netto	20.00	39:14	1:57	9	6:28	135	15:01	20.50	51:47	2:31	13	8:44	211	10:38
Wechsel R -> L	-	0:37	-	1	-	10	0:11	20.50	52:24	2:33	13	8:35	211	10:29
Rad 000	20.00	39:51	1:59	8	6:19	119	14:14	20.50	52:24	2:33	13	8:35	211	10:29
Lauf Ziel	5.00	22:29	4:29	8	2:59	54	4:30	25.50	1:14:53	2:56	7	9:50	67	14:59