



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Tim Klicks

000: 1:29:56

00: 150

00: 25.50 km

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

00000/000: 222 (of 279)

00000/0: 173 (of 210)

000000: 59:54

0000:

männliche AK 4 (TM 35)

00000: 24(of 24)

0000000: 1:03:42

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	11:13	22:26	16	3:08	95	3:25	0.50	11:13	22:26	25	3:08	211	3:25
Wechsel S -> R	-	4:51	-	23	3:08	201	3:30	0.50	16:04	32:07	21	5:33	211	6:17
Schwimmen 000	0.50	16:04	32:07	21	5:33	211	6:17	0.50	16:04	32:07	21	5:33	211	6:17
Rad netto	20.00	43:00	2:08	21	10:13	187	18:47	20.50	59:04	2:52	21	15:11	182	17:55
Wechsel R -> L	-	0:55	-	4	0:13	60	0:29	20.50	59:59	2:55	21	15:06	179	18:04
Rad 000	20.00	43:55	2:11	21	9:52	185	18:18	20.50	59:59	2:55	21	15:06	179	18:04
Lauf Ziel	5.00	29:57	5:59	23	11:09	172	11:58	25.50	1:29:56	3:31	24	26:14	173	30:02