



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Thorsten Kies

000: 1:11:29

00: TTV Topspin Lorsch

00: 242

00: 25.50 km

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

00000/000: 42 (of 279)

00000/0: 40 (of 210)

000000: 59:54

0000:

00000: 4(of 13)

Senioren 1 (TM 40)

0000000: 1:05:38

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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	11:54	23:48	11	3:11	126	4:06	0.50	11:54	23:48	11	3:11	127	4:06
Wechsel S -> R	-	2:24	-	5	0:35	54	1:03	0.50	14:18	28:36	10	3:46	104	4:31
Schwimmen 000	0.50	14:18	28:36	10	3:46	104	4:31	0.50	14:18	28:36	10	3:46	104	4:31
Rad netto	20.00	35:12	1:45	4	3:22	50	10:59	20.50	49:30	2:24	14	6:07	211	8:21
Wechsel R -> L	-	1:11	-	4	0:23	113	0:45	20.50	50:41	2:28	14	6:06	211	8:46
Rad 000	20.00	36:23	1:49	5	3:21	50	10:46	20.50	50:41	2:28	14	6:06	211	8:46
Lauf Ziel	5.00	20:48	4:09	1	-	22	2:49	25.50	1:11:29	2:48	4	5:51	40	11:35