



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Marcel Ritter

000: 1:12:41

00: 176

00: 25.50 km

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

00000/000: 50 (of 279)

00000/0: 46 (of 210)

000000: 59:54

0000:

Senioren 1 (TM 40)

00000: 5(of 13)

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	9:54	19:48	7	1:11	41	2:06	0.50	9:54	19:48	14	1:11	211	2:06
Wechsel S -> R	-	2:48	-	10	0:59	103	1:27	0.50	12:42	25:23	14	2:10	211	2:55
Schwimmen 000	0.50	12:42	25:23	14	2:10	211	2:55	0.50	12:42	25:23	14	2:10	211	2:55
Rad netto	20.00	35:13	1:45	5	3:23	51	11:00	20.50	47:55	2:20	14	4:32	211	6:46
Wechsel R -> L	-	1:33	-	11	0:45	175	1:07	20.50	49:28	2:24	14	4:53	211	7:33
Rad 000	20.00	36:46	1:50	6	3:44	58	11:09	20.50	49:28	2:24	14	4:53	211	7:33
Lauf Ziel	5.00	23:13	4:38	5	2:25	65	5:14	25.50	1:12:41	2:51	5	7:03	46	12:47