



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Christian Fassmann

000: 1:13:14

00: 281

00: 25.50 km

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

00000/000: 55 (of 279)

00000/0: 51 (of 210)

000000: 59:54

0000:

Senioren 1 (TM 40)

00000: 6(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	9:43	19:26	5	1:00	33	1:55	0.50	9:43	19:26	14	1:00	211	1:55
Wechsel S -> R	-	2:06	-	3	0:17	27	0:45	0.50	11:49	23:37	14	1:17	211	2:02
Schwimmen 000	0.50	11:49	23:37	14	1:17	211	2:02	0.50	11:49	23:37	14	1:17	211	2:02
Rad netto	20.00	35:17	1:45	6	3:27	53	11:04	20.50	47:06	2:17	14	3:43	211	5:57
Wechsel R -> L	-	1:03	-	3	0:15	88	0:37	20.50	48:09	2:20	14	3:34	211	6:14
Rad 000	20.00	36:20	1:49	4	3:18	47	10:43	20.50	48:09	2:20	14	3:34	211	6:14
Lauf Ziel	5.00	25:05	5:00	8	4:17	108	7:06	25.50	1:13:14	2:52	6	7:36	51	13:20