



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Nico Neuhold

000: 1:17:11

00: 175

00: 25.50 km

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

00000/000: 99 (of 279)

00000/0: 88 (of 210)

000000: 59:54

0000:

Senioren 1 (TM 40)

00000: 8(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	8:53	17:45	2	0:10	12	1:05	0.50	8:53	17:45	14	0:10	211	1:05
Wechsel S -> R	-	2:20	-	4	0:31	46	0:59	0.50	11:13	22:26	14	0:41	211	1:26
Schwimmen 000	0.50	11:13	22:26	14	0:41	211	1:26	0.50	11:13	22:26	14	0:41	211	1:26
Rad netto	20.00	40:12	2:00	12	8:22	152	15:59	20.50	51:25	2:30	14	8:02	211	10:16
Wechsel R -> L	-	1:00	-	2	0:12	78	0:34	20.50	52:25	2:33	14	7:50	211	10:30
Rad 000	20.00	41:12	2:03	12	8:10	149	15:35	20.50	52:25	2:33	14	7:50	211	10:30
Lauf Ziel	5.00	24:46	4:57	7	3:58	99	6:47	25.50	1:17:11	3:01	8	11:33	88	17:17