



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

0000

0000

000

| 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 |