



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Holger Senfft

000: 1:20:47

00: 282

00: 25.50 km

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

00000/000: 142 (of 279)

00000/0: 125 (of 210)

000000: 59:54

0000:

Senioren 1 (TM 40)

00000: 10(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	10:37	21:14	8	1:54	73	2:49	0.50	10:37	21:14	14	1:54	211	2:49
Wechsel S -> R	-	2:35	-	7	0:46	71	1:14	0.50	13:12	26:23	14	2:40	211	3:25
Schwimmen 000	0.50	13:12	26:23	14	2:40	211	3:25	0.50	13:12	26:23	14	2:40	211	3:25
Rad netto	20.00	38:39	1:55	10	6:49	121	14:26	20.50	51:51	2:31	14	8:28	211	10:42
Wechsel R -> L	-	1:26	-	10	0:38	160	1:00	20.50	53:17	2:35	14	8:42	211	11:22
Rad 000	20.00	40:05	2:00	10	7:03	126	14:28	20.50	53:17	2:35	14	8:42	211	11:22
Lauf Ziel	5.00	27:30	5:30	9	6:42	149	9:31	25.50	1:20:47	3:10	10	15:09	125	20:53