



17. Lorsch Triathlon

Lorsch / 21.08.2022

0000

Cornelius Jakob

000: 1:19:35

00: 329

00: 25.50 km

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

00000/000: 127 (of 279)

00000/0: 112 (of 210)

000000: 59:54

0000:

männliche AK 1 (TM 20)

00000: 9(of 12)

0000000: 1:05:03

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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	14:18	28:36	12	5:44	189	6:30	0.50	14:18	28:36	13	5:44	211	6:30
Wechsel S -> R	-	2:40	-	5	1:11	85	1:19	0.50	16:58	33:55	13	6:50	211	7:11
Schwimmen 000	0.50	16:58	33:55	13	6:50	211	7:11	0.50	16:58	33:55	13	6:50	211	7:11
Rad netto	20.00	36:17	1:48	6	3:31	74	12:04	20.50	53:15	2:35	13	10:12	211	12:06
Wechsel R -> L	-	1:10	-	8	0:33	109	0:44	20.50	54:25	2:39	13	10:36	211	12:30
Rad 000	20.00	37:27	1:52	6	3:55	75	11:50	20.50	54:25	2:39	13	10:36	211	12:30
Lauf Ziel	5.00	25:10	5:01	9	5:40	110	7:11	25.50	1:19:35	3:07	9	14:32	112	19:41