



17. Lorsch Triathlon

Lorsch / 21.08.2022

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Markus Iwanowitsch

000: 1:08:29

00: 180

00: 25.50 km

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

00000/000: 27 (of 279)

00000/0: 26 (of 210)

000000: 59:54

0000:

Senioren 2 (TM 45)

00000: 4(of 29)

0000000: 1:02:26

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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	9:26	18:52	6	0:31	30	1:38	0.50	9:26	18:52	30	0:31	211	1:38
Wechsel S -> R	-	1:37	-	3	0:16	6	0:16	0.50	11:03	22:06	30	0:33	211	1:16
Schwimmen 000	0.50	11:03	22:06	30	0:33	211	1:16	0.50	11:03	22:06	30	0:33	211	1:16
Rad netto	20.00	35:32	1:46	10	5:14	56	11:19	20.50	46:35	2:16	30	5:17	211	5:26
Wechsel R -> L	-	0:50	-	10	0:13	44	0:24	20.50	47:25	2:18	30	5:18	211	5:30
Rad 000	20.00	36:22	1:49	9	5:06	48	10:45	20.50	47:25	2:18	30	5:18	211	5:30
Lauf Ziel	5.00	21:04	4:12	3	0:45	28	3:05	25.50	1:08:29	2:41	4	6:03	26	8:35