



17. Lorsch Triathlon

Lorsch / 21.08.2022

□□□□

Holger Colditz

□□□: 1:09:50

□□: RV03 Bürstadt

□□: 21

□□: 25.50 km

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

□□□□□/□□□: 31 (of 279)

□□□□□/□: 30 (of 210)

□□□□□□: 59:54

□□□□:

Senioren 2 (TM 45)

□□□□□: 5(of 29)

□□□□□□□: 1:02:26

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 9:11 | 18:22 | 3 | 0:16 | 20 | 1:23 | 0.50 | 9:11 | 18:22 | 30 | 0:16 | 20 | 1:23 |
| Wechsel S -> R | - | 2:03 | - | 4 | 0:42 | 24 | 0:42 | 0.50 | 11:14 | 22:27 | 3 | 0:44 | 211 | 1:27 |
| Schwimmen □□□ | 0.50 | 11:14 | 22:27 | 3 | 0:44 | 211 | 1:27 | 0.50 | 11:14 | 22:27 | 3 | 0:44 | 211 | 1:27 |
| Rad netto | 20.00 | 36:07 | 1:48 | 11 | 5:49 | 70 | 11:54 | 20.50 | 47:21 | 2:18 | 5 | 6:03 | 211 | 6:12 |
| Wechsel R -> L | - | 0:40 | - | 3 | 0:03 | 18 | 0:14 | 20.50 | 48:01 | 2:20 | 5 | 5:54 | 211 | 6:06 |
| Rad □□□ | 20.00 | 36:47 | 1:50 | 11 | 5:31 | 59 | 11:10 | 20.50 | 48:01 | 2:20 | 5 | 5:54 | 211 | 6:06 |
| Lauf Ziel | 5.00 | 21:49 | 4:21 | 5 | 1:30 | 43 | 3:50 | 25.50 | 1:09:50 | 2:44 | 5 | 7:24 | 30 | 9:56 |