



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Kite IT Männer-Power

00: Kite IT

00: 392

00: 25.50 km

Triathlonstaffel

0000:

Herren-Staffel

000: 1:10:42

00: 21.22 km/h

0000: 2:46 min/km

00000: 12 (of 45)

000000: 58:50

00000: 4(of 7)

0000000: 1:01:42

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen nett	0.50	11:34	23:07	7	3:37	26	5:30	0.50	11:34	23:07	7	3:37	26	5:30
Wechsel S -> R	-	1:30	-	4	0:16	12	0:16	0.50	13:04	-	7	3:41	24	4:20
Rad netto	20.00	33:15	1:39	3	1:41	8	2:56	20.50	46:19	2:15	3	4:46	11	6:59
Wechsel R -> L	-	0:34	-	4	0:08	17	0:08	20.50	46:53	-	3	4:44	11	6:59
Lauf	5.00	23:49	4:45	5	6:56	18	6:56	25.50	1:10:42	2:46	4	9:00	12	11:52