



19. Lorsch Triathlon

Lorsch / 18.08.2024

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Beim zweiten Mal ist´s schöner!

00: MathPhysInfo

00: 395

00: 25.50 km

Triathlonstaffel

0000:

Herren-Staffel

000: 1:13:32

00: 20.40 km/h

0000: 2:53 min/km

00000: 18 (of 45)

000000: 58:50

00000: 6(of 7)

0000000: 1:01:42

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0000

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| 000 | 00 km | 00 00 | 00 min/km | 00 - | 00 - | 00 000 | 00 000 | 000 | 000 | 000 | 00 - | 00 - | 00 000 | 00 000 |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|-------|---------|-------|---------|---------|-----------|-----------|
| Schwimmen nett | 0.50 | 10:09 | 20:18 | 4 | 2:12 | 14 | 4:05 | 0.50 | 10:09 | 20:18 | 4 | 2:12 | 14 | 4:05 |
| Wechsel S -> R | - | 1:27 | - | 3 | 0:13 | 7 | 0:13 | 0.50 | 11:36 | - | 4 | 2:13 | 13 | 2:52 |
| Rad netto | 20.00 | 36:50 | 1:50 | 4 | 5:16 | 19 | 6:31 | 20.50 | 48:26 | 2:21 | 5 | 6:53 | 16 | 9:06 |
| Wechsel R -> L | - | 0:31 | - | 3 | 0:05 | 8 | 0:05 | 20.50 | 48:57 | - | 4 | 6:48 | 15 | 9:03 |
| Lauf | 5.00 | 24:35 | 4:54 | 6 | 7:42 | 24 | 7:42 | 25.50 | 1:13:32 | 2:53 | 6 | 11:50 | 18 | 14:42 |