



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

## Tritema

00: Vfl marburg schwimmen

00: 391

00: 25.50 km

Triathlonstaffel

0000:

Mixed-Staffel

000: 1:07:19

00: 22.28 km/h

0000: 2:38 min/km

00000: 8 (of 45)

000000: 58:50

00000: 5(of 30)

0000000: 58:50

0000

0000

000

| 000            | 0000  |       |        |    |      |     |      | 0000  |         |        |   |      |     |      | 000 |
|----------------|-------|-------|--------|----|------|-----|------|-------|---------|--------|---|------|-----|------|-----|
|                | km    | 00    | min/km | -  | -    | 000 | 000  | km    | 00      | min/km | - | -    | 000 | 000  |     |
| Schwimmen nett | 0.50  | 7:08  | 14:16  | 2  | 1:04 | 2   | 1:04 | 0.50  | 7:08    | 14:16  | 2 | 1:04 | 2   | 1:04 |     |
| Wechsel S -> R | -     | 1:36  | -      | 12 | 0:15 | 19  | 0:22 | 0.50  | 8:44    | -      | 1 | -    | 1   | -    |     |
| Rad netto      | 20.00 | 34:31 | 1:43   | 8  | 4:12 | 11  | 4:12 | 20.50 | 43:15   | 2:06   | 2 | 3:55 | 3   | 3:55 |     |
| Wechsel R -> L | -     | 0:39  | -      | 23 | 0:11 | 33  | 0:13 | 20.50 | 43:54   | -      | 2 | 4:00 | 3   | 4:00 |     |
| Lauf           | 5.00  | 23:25 | 4:41   | 10 | 5:41 | 15  | 6:32 | 25.50 | 1:07:19 | 2:38   | 5 | 8:29 | 8   | 8:29 |     |