



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

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0000

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| 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 | 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 |