



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Team FaDePa

000: 1:15:21

00: 389

00: 19.91 km/h

0000: 2:57 min/km

00: 25.50 km

Triathlonstaffel

00000: 21 (of 45)

000000: 58:50

0000:

00000: 14(of 30)

Mixed-Staffel

0000000: 58:50

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	11:48	23:36	17	5:44	28	5:44	0.50	11:48	23:36	17	5:44	28	5:44
Wechsel S -> R	-	1:25	-	4	0:04	5	0:11	0.50	13:13	-	15	4:29	26	4:29
Rad netto	20.00	35:37	1:46	11	5:18	14	5:18	20.50	48:50	2:22	12	9:30	17	9:30
Wechsel R -> L	-	0:34	-	12	0:06	17	0:08	20.50	49:24	-	12	9:30	17	9:30
Lauf	5.00	25:57	5:11	20	8:13	31	9:04	25.50	1:15:21	2:57	14	16:31	21	16:31