



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Team Kunterbunt

000: 1:17:15

00: 413

00: 19.42 km/h

0000: 3:01 min/km

00: 25.50 km

Triathlonstaffel

00000: 27 (of 45)

000000: 58:50

0000:

00000: 19(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	11:05	22:10	11	5:01	18	5:01	0.50	11:05	22:10	11	5:01	18	5:01
Wechsel S -> R	-	1:36	-	12	0:15	19	0:22	0.50	12:41	-	10	3:57	17	3:57
Rad netto	20.00	37:54	1:53	19	7:35	24	7:35	20.50	50:35	2:28	18	11:15	24	11:15
Wechsel R -> L	-	0:32	-	6	0:04	10	0:06	20.50	51:07	-	18	11:13	24	11:13
Lauf	5.00	26:08	5:13	21	8:24	32	9:15	25.50	1:17:15	3:01	19	18:25	27	18:25