



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

InAnKa

000: 1:29:55

00: 415

00: 16.68 km/h

0000: 3:31 min/km

00: 25.50 km

Triathlonstaffel

00000: 43 (of 45)

000000: 58:50

0000:

00000: 8(of 8)

Damen-Staffel

0000000: 1:11:21

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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	13:12	26:23	5	5:12	37	7:08	0.50	13:12	26:23	5	5:12	37	7:08
Wechsel S -> R	-	1:50	-	5	0:17	33	0:36	0.50	15:02	-	5	5:21	36	6:18
Rad netto	20.00	47:13	2:21	8	7:48	42	16:54	20.50	1:02:15	3:02	8	13:09	44	22:55
Wechsel R -> L	-	0:40	-	6	0:13	35	0:14	20.50	1:02:55	-	8	13:12	43	23:01
Lauf	5.00	27:00	5:24	6	5:22	35	10:07	25.50	1:29:55	3:31	8	18:34	43	31:05