



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

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**Pablo Jamin**

000: 1:33:30

00: DLRG Lorsch

00: 189

00: 25.50 km

Lorsch Triathlon

00000/000: 314 (of 354)

00000/0: 232 (of 254)

000000: 58:26

0000:

männliche AK 1 (TM 20)

00000: 10(of 10)

0000000: 1:04:08

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	9:40	19:19	4	1:15	51	2:53	0.50	9:40	19:19	11	1:15	255	2:53
Wechsel S -> R	-	4:09	-	7	2:36	218	4:09	0.50	13:49	27:37	11	3:51	255	5:41
Schwimmen 000	0.50	13:49	27:37	11	3:51	255	5:41	0.50	13:49	27:37	11	3:51	255	5:41
Rad netto	20.00	45:31	2:16	10	11:34	235	19:46	20.50	59:20	2:53	11	15:25	255	20:23
Wechsel R -> L	-	1:07	-	7	0:30	109	0:35	20.50	1:00:27	2:56	11	15:55	216	20:38
Rad 000	20.00	46:38	2:19	10	12:04	235	19:55	20.50	1:00:27	2:56	11	15:55	216	20:38
Lauf Ziel	5.00	33:03	6:36	10	13:27	244	16:16	25.50	1:33:30	3:39	10	29:22	232	35:04