



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Linus Weiffen

000: 1:28:36

00: 190

00: 25.50 km

Lorsch Triathlon

00000/000: 284 (of 354)

00000/0: 218 (of 254)

000000: 58:26

0000:

männliche Jugend A (TM 16/17)

00000: 5(of 6)

0000000: 1:00:15

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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	11:53	23:45	5	4:48	165	5:06	0.50	11:53	23:45	7	4:48	255	5:06
Wechsel S -> R	-	3:47	-	6	2:31	196	3:47	0.50	15:40	31:19	7	7:19	255	7:32
Schwimmen 000	0.50	15:40	31:19	7	7:19	255	7:32	0.50	15:40	31:19	7	7:19	255	7:32
Rad netto	20.00	44:32	2:13	5	11:18	230	18:47	20.50	1:00:12	2:56	7	18:37	255	21:15
Wechsel R -> L	-	1:36	-	6	1:03	196	1:04	20.50	1:01:48	3:00	7	19:40	255	21:59
Rad 000	20.00	46:08	2:18	5	12:21	232	19:25	20.50	1:01:48	3:00	7	19:40	255	21:59
Lauf Ziel	5.00	26:48	5:21	5	9:05	187	10:01	25.50	1:28:36	3:28	5	28:21	218	30:10