



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

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Florian Hennemann

000: 1:07:29

00: 242

00: 25.50 km

Lorsch Triathlon

00000/000: 28 (of 354)

00000/0: 25 (of 254)

000000: 58:26

0000:

männliche AK 2 (TM 25)

00000: 1(of 30)

0000000: 1:07:29

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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	9:07	18:14	2	0:09	29	2:20	0.50	9:07	18:14	31	0:09	255	2:20
Wechsel S -> R	-	2:08	-	6	0:44	50	2:08	0.50	11:15	22:30	1	-	255	3:07
Schwimmen 000	0.50	11:15	22:30	1	-	255	3:07	0.50	11:15	22:30	1	-	255	3:07
Rad netto	20.00	35:15	1:45	5	9:30	51	9:30	20.50	46:30	2:16	4	3:29	255	7:33
Wechsel R -> L	-	1:13	-	17	0:41	130	0:41	20.50	47:43	2:19	4	3:44	255	7:54
Rad 000	20.00	36:28	1:49	5	9:45	52	9:45	20.50	47:43	2:19	4	3:44	255	7:54
Lauf Ziel	5.00	19:46	3:57	1	-	23	2:59	25.50	1:07:29	2:38	1	-	25	9:03