



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Patrick Zarembowicz

000: 1:13:09

00: 373

00: 25.50 km

Lorsch Triathlon

00000/000: 82 (of 354)

00000/0: 74 (of 254)

000000: 58:26

0000:

Senioren 1 (TM 40)

00000: 15(of 23)

0000000: 1:02:23

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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	9:19	18:37	9	1:45	40	2:32	0.50	9:19	18:37	24	1:45	255	2:32
Wechsel S -> R	-	1:52	-	8	0:20	28	1:52	0.50	11:11	22:22	24	1:21	255	3:03
Schwimmen 000	0.50	11:11	22:22	24	1:21	255	3:03	0.50	11:11	22:22	24	1:21	255	3:03
Rad netto	20.00	36:38	1:49	13	4:44	82	10:53	20.50	47:49	2:19	24	5:42	255	8:52
Wechsel R -> L	-	0:54	-	7	0:12	64	0:22	20.50	48:43	2:22	24	5:46	255	8:54
Rad 000	20.00	37:32	1:52	13	4:48	75	10:49	20.50	48:43	2:22	24	5:46	255	8:54
Lauf Ziel	5.00	24:26	4:53	20	5:30	137	7:39	25.50	1:13:09	2:52	15	10:46	74	14:43