



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Malte Loggen

000: 1:20:56

00: 349

00: 25.50 km

Lorsch Triathlon

00000/000: 193 (of 354)

00000/0: 164 (of 254)

000000: 58:26

0000:

Senioren 1 (TM 40)

00000: 20(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	9:51	19:41	13	2:17	62	3:04	0.50	9:51	19:41	24	2:17	255	3:04
Wechsel S -> R	-	3:50	-	23	2:18	201	3:50	0.50	13:41	27:22	24	3:51	255	5:33
Schwimmen 000	0.50	13:41	27:22	24	3:51	255	5:33	0.50	13:41	27:22	24	3:51	255	5:33
Rad netto	20.00	41:48	2:05	23	9:54	209	16:03	20.50	55:29	2:42	24	13:22	255	16:32
Wechsel R -> L	-	1:38	-	17	0:56	198	1:06	20.50	57:07	2:47	24	14:10	255	17:18
Rad 000	20.00	43:26	2:10	23	10:42	209	16:43	20.50	57:07	2:47	24	14:10	255	17:18
Lauf Ziel	5.00	23:49	4:45	19	4:53	124	7:02	25.50	1:20:56	3:10	20	18:33	164	22:30