



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Vladimir Baus

000: 1:21:33

00: 212

00: 25.50 km

Lorsch Triathlon

00000/000: 200 (of 354)

00000/0: 167 (of 254)

000000: 58:26

0000:

Senioren 1 (TM 40)

00000: 21(of 23)

0000000: 1:02:23

0000

0000

000

| 000            | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000   | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50     | 12:24    | 24:48        | 20      | 4:50    | 182     | 5:37    | 0.50  | 12:24     | 24:48         | 24      | 4:50    | 255     | 5:37    |
| Wechsel S -> R | -        | 2:59     | -            | 18      | 1:27    | 141     | 2:59    | 0.50  | 15:23     | 30:45         | 24      | 5:33    | 255     | 7:15    |
| Schwimmen 000  | 0.50     | 15:23    | 30:45        | 24      | 5:33    | 255     | 7:15    | 0.50  | 15:23     | 30:45         | 24      | 5:33    | 255     | 7:15    |
| Rad netto      | 20.00    | 37:48    | 1:53         | 16      | 5:54    | 121     | 12:03   | 20.50 | 53:11     | 2:35          | 24      | 11:04   | 255     | 14:14   |
| Wechsel R -> L | -        | 1:14     | -            | 16      | 0:32    | 132     | 0:42    | 20.50 | 54:25     | 2:39          | 24      | 11:28   | 138     | 14:36   |
| Rad 000        | 20.00    | 39:02    | 1:57         | 16      | 6:18    | 121     | 12:19   | 20.50 | 54:25     | 2:39          | 24      | 11:28   | 138     | 14:36   |
| Lauf Ziel      | 5.00     | 27:08    | 5:25         | 21      | 8:12    | 194     | 10:21   | 25.50 | 1:21:33   | 3:11          | 21      | 19:10   | 167     | 23:07   |