



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Timo Rudolph

000: 1:03:22

00: 245

00: 25.50 km

Lorsch Triathlon

00000/000: 10 (of 354)

00000/0: 9 (of 254)

000000: 58:26

0000:

Senioren 2 (TM 45)

00000: 1(of 25)

0000000: 1:03:22

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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	8:34	17:07	2	0:17	16	1:47	0.50	8:34	17:07	26	0:17	255	1:47
Wechsel S -> R	-	1:51	-	4	0:21	23	1:51	0.50	10:25	20:49	1	-	255	2:17
Schwimmen 000	0.50	10:25	20:49	1	-	255	2:17	0.50	10:25	20:49	1	-	255	2:17
Rad netto	20.00	33:25	1:40	3	1:41	17	7:40	20.50	43:50	2:08	1	-	255	4:53
Wechsel R -> L	-	0:50	-	7	0:13	50	0:18	20.50	44:40	2:10	1	-	255	4:51
Rad 000	20.00	34:15	1:42	3	0:28	14	7:32	20.50	44:40	2:10	1	-	255	4:51
Lauf Ziel	5.00	18:42	3:44	2	0:04	10	1:55	25.50	1:03:22	2:29	1	-	9	4:56