



19. Lorsch Triathlon

Lorsch / 18.08.2024

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Markus Iwanowitsch

000: 1:05:39

00: 44

00: 25.50 km

Lorsch Triathlon

00000/000: 19 (of 354)

00000/0: 17 (of 254)

000000: 58:26

0000:

Senioren 2 (TM 45)

00000: 3(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	9:11	18:22	6	0:54	31	2:24	0.50	9:11	18:22	6	0:54	31	2:24
Wechsel S -> R	-	1:30	-	1	-	6	1:30	0.50	10:41	21:22	26	0:16	17	2:33
Schwimmen 000	0.50	10:41	21:22	26	0:16	17	2:33	0.50	10:41	21:22	26	0:16	17	2:33
Rad netto	20.00	35:02	1:45	9	3:18	48	9:17	20.50	45:43	2:13	26	1:53	28	6:46
Wechsel R -> L	-	0:46	-	4	0:09	35	0:14	20.50	46:29	2:16	26	1:49	26	6:40
Rad 000	20.00	35:48	1:47	6	2:01	40	9:05	20.50	46:29	2:16	26	1:49	26	6:40
Lauf Ziel	5.00	19:10	3:50	3	0:32	12	2:23	25.50	1:05:39	2:34	3	2:17	17	7:13