



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Markus Dambier

000: 1:13:42

00: Heppenheimer Skiclub e.V.

00: 280

00: 25.50 km

Lorsch Triathlon

00000/000: 88 (of 354)

00000/0: 79 (of 254)

000000: 58:26

0000:

00000: 9(of 25)

Senioren 2 (TM 45)

0000000: 1:03:22

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	12:18	24:36	22	4:01	180	5:31	0.50	12:18	24:36	26	4:01	255	5:31
Wechsel S -> R	-	2:47	-	13	1:17	114	2:47	0.50	15:05	30:10	26	4:40	255	6:57
Schwimmen 000	0.50	15:05	30:10	26	4:40	255	6:57	0.50	15:05	30:10	26	4:40	255	6:57
Rad netto	20.00	34:31	1:43	5	2:47	37	8:46	20.50	49:36	2:25	26	5:46	255	10:39
Wechsel R -> L	-	1:15	-	15	0:38	136	0:43	20.50	50:51	2:28	26	6:11	255	11:02
Rad 000	20.00	35:46	1:47	5	1:59	38	9:03	20.50	50:51	2:28	26	6:11	255	11:02
Lauf Ziel	5.00	22:51	4:34	10	4:13	96	6:04	25.50	1:13:42	2:53	9	10:20	79	15:16