



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Christian Benetka Uher

000: 1:14:55

00: 47

00: 25.50 km

Lorsch Triathlon

00000/000: 104 (of 354)

00000/0: 91 (of 254)

000000: 58:26

0000:

Senioren 2 (TM 45)

00000: 11(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	10:26	20:52	12	2:09	93	3:39	0.50	10:26	20:52	12	2:09	93	3:39
Wechsel S -> R	-	3:07	-	17	1:37	156	3:07	0.50	13:33	27:06	26	3:08	96	5:25
Schwimmen 000	0.50	13:33	27:06	26	3:08	96	5:25	0.50	13:33	27:06	26	3:08	96	5:25
Rad netto	20.00	35:37	1:46	10	3:53	55	9:52	20.50	49:10	2:23	26	5:20	71	10:13
Wechsel R -> L	-	1:01	-	11	0:24	86	0:29	20.50	50:11	2:26	26	5:31	68	10:22
Rad 000	20.00	36:38	1:49	10	2:51	55	9:55	20.50	50:11	2:26	26	5:31	68	10:22
Lauf Ziel	5.00	24:44	4:56	16	6:06	145	7:57	25.50	1:14:55	2:56	11	11:33	91	16:29