



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Dirk Arhelger

000: 1:15:36

00: 186

00: 25.50 km

Lorsch Triathlon

00000/000: 115 (of 354)

00000/0: 100 (of 254)

000000: 58:26

0000:

Senioren 2 (TM 45)

00000: 14(of 25)

0000000: 1:03:22

0000

0000

000

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	11:08	22:15	16	2:51	123	4:21	0.50	11:08	22:15	26	2:51	255	4:21
Wechsel S -> R	-	2:31	-	10	1:01	84	2:31	0.50	13:39	27:18	26	3:14	255	5:31
Schwimmen 000	0.50	13:39	27:18	26	3:14	255	5:31	0.50	13:39	27:18	26	3:14	255	5:31
Rad netto	20.00	38:14	1:54	16	6:30	135	12:29	20.50	51:53	2:31	26	8:03	255	12:56
Wechsel R -> L	-	1:22	-	18	0:45	157	0:50	20.50	53:15	2:35	26	8:35	255	13:26
Rad 000	20.00	39:36	1:58	17	5:49	137	12:53	20.50	53:15	2:35	26	8:35	255	13:26
Lauf Ziel	5.00	22:21	4:28	9	3:43	85	5:34	25.50	1:15:36	2:57	14	12:14	100	17:10