



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Falk Blankenburg

000: 1:15:38

00: 221

00: 25.50 km

Lorsch Triathlon

00000/000: 116 (of 354)

00000/0: 102 (of 254)

000000: 58:26

0000:

Senioren 2 (TM 45)

00000: 15(of 25)

0000000: 1:03:22

0000

0000

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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	11:49	23:37	19	3:32	161	5:02	0.50	11:49	23:37	26	3:32	162	5:02
Wechsel S -> R	-	2:38	-	11	1:08	100	2:38	0.50	14:27	28:53	16	4:02	255	6:19
Schwimmen 000	0.50	14:27	28:53	16	4:02	255	6:19	0.50	14:27	28:53	16	4:02	255	6:19
Rad netto	20.00	34:33	1:43	6	2:49	39	8:48	20.50	49:00	2:23	8	5:10	255	10:03
Wechsel R -> L	-	1:15	-	15	0:38	136	0:43	20.50	50:15	2:27	10	5:35	255	10:26
Rad 000	20.00	35:48	1:47	7	2:01	41	9:05	20.50	50:15	2:27	10	5:35	255	10:26
Lauf Ziel	5.00	25:23	5:04	19	6:45	159	8:36	25.50	1:15:38	2:57	15	12:16	102	17:12