



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Ulf Steinebach

000: 1:16:22

00: SC Westerburg

00: 32

00: 25.50 km

Lorsch Triathlon

00000/000: 129 (of 354)

00000/0: 112 (of 254)

000000: 58:26

0000:

Senioren 2 (TM 45)

00000: 17(of 25)

0000000: 1:03:22

0000

0000

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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	11:48	23:36	18	3:31	159	5:01	0.50	11:48	23:36	18	3:31	160	5:01
Wechsel S -> R	-	3:04	-	16	1:34	151	3:04	0.50	14:52	29:44	26	4:27	156	6:44
Schwimmen 000	0.50	14:52	29:44	26	4:27	156	6:44	0.50	14:52	29:44	26	4:27	156	6:44
Rad netto	20.00	36:01	1:48	11	4:17	62	10:16	20.50	50:53	2:28	26	7:03	103	11:56
Wechsel R -> L	-	1:29	-	21	0:52	179	0:57	20.50	52:22	2:33	26	7:42	108	12:33
Rad 000	20.00	37:30	1:52	13	3:43	73	10:47	20.50	52:22	2:33	26	7:42	108	12:33
Lauf Ziel	5.00	24:00	4:47	14	5:22	129	7:13	25.50	1:16:22	2:59	17	13:00	112	17:56