



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Markus Goldhorn

000: 1:17:49

00: SV Hellas Brühl

00: 35

00: 25.50 km

Lorsch Triathlon

00000/000: 149 (of 354)

00000/0: 130 (of 254)

000000: 58:26

0000:

Senioren 2 (TM 45)

00000: 19(of 25)

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	8:17	16:33	1	-	8	1:30	0.50	8:17	16:33	1	-	8	1:30
Wechsel S -> R	-	3:32	-	21	2:02	188	3:32	0.50	11:49	23:37	26	1:24	43	3:41
Schwimmen 000	0.50	11:49	23:37	26	1:24	43	3:41	0.50	11:49	23:37	26	1:24	43	3:41
Rad netto	20.00	38:33	1:55	17	6:49	144	12:48	20.50	50:22	2:27	26	6:32	97	11:25
Wechsel R -> L	-	0:46	-	4	0:09	35	0:14	20.50	51:08	2:29	26	6:28	80	11:19
Rad 000	20.00	39:19	1:57	16	5:32	131	12:36	20.50	51:08	2:29	26	6:28	80	11:19
Lauf Ziel	5.00	26:41	5:20	22	8:03	184	9:54	25.50	1:17:49	3:03	19	14:27	130	19:23