



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Rene Henninger

000: 1:22:55

00: 200

00: 25.50 km

Lorsch Triathlon

00000/000: 217 (of 354)

00000/0: 177 (of 254)

000000: 58:26

0000:

Senioren 2 (TM 45)

00000: 21(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	000	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	10:36	21:11	13	2:19	99	3:49	0.50	10:36	21:11	26	2:19	255	3:49
Wechsel S -> R	-	4:19	-	24	2:49	231	4:19	0.50	14:55	29:49	26	4:30	158	6:47
Schwimmen 000	0.50	14:55	29:49	26	4:30	158	6:47	0.50	14:55	29:49	26	4:30	158	6:47
Rad netto	20.00	38:46	1:56	18	7:02	154	13:01	20.50	53:41	2:37	26	9:51	255	14:44
Wechsel R -> L	-	1:47	-	22	1:10	219	1:15	20.50	55:28	2:42	26	10:48	255	15:39
Rad 000	20.00	40:33	2:01	19	6:46	170	13:50	20.50	55:28	2:42	26	10:48	255	15:39
Lauf Ziel	5.00	27:27	5:29	23	8:49	200	10:40	25.50	1:22:55	3:15	21	19:33	177	24:29