



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

José Maria Prieto Pablos

000: 1:30:38

00: 207

00: 25.50 km

Lorsch Triathlon

00000/000: 295 (of 354)

00000/0: 223 (of 254)

000000: 58:26

0000:

Senioren 2 (TM 45)

00000: 25(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 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	10:57	21:53	15	2:40	109	4:10	0.50	10:57	21:53	26	2:40	111	4:10	
Wechsel S -> R	-	4:23	-	25	2:53	234	4:23	0.50	15:20	30:40	26	4:55	255	7:12	
Schwimmen 000	0.50	15:20	30:40	26	4:55	255	7:12	0.50	15:20	30:40	26	4:55	255	7:12	
Rad netto	20.00	41:24	2:04	22	9:40	203	15:39	20.50	56:44	2:46	26	12:54	255	17:47	
Wechsel R -> L	-	1:18	-	17	0:41	148	0:46	20.50	58:02	2:49	26	13:22	255	18:13	
Rad 000	20.00	42:42	2:08	22	8:55	203	15:59	20.50	58:02	2:49	26	13:22	255	18:13	
Lauf Ziel	5.00	32:36	6:31	25	13:58	242	15:49	25.50	1:30:38	3:33	25	27:16	223	32:12	