



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Dirk Tappe

000: 1:05:26

00: 227

00: 25.50 km

Lorsch Triathlon

00000/000: 18 (of 354)

00000/0: 16 (of 254)

000000: 58:26

0000:

Senioren 3 (TM 50)

00000: 2(of 27)

0000000: 1:05:05

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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	11:31	23:02	17	3:17	142	4:44	0.50	11:31	23:02	28	3:17	255	4:44
Wechsel S -> R	-	1:33	-	1	-	8	1:33	0.50	13:04	26:07	28	3:09	255	4:56
Schwimmen 000	0.50	13:04	26:07	28	3:09	255	4:56	0.50	13:04	26:07	28	3:09	255	4:56
Rad netto	20.00	32:20	1:37	2	1:21	8	6:35	20.50	45:24	2:12	28	1:12	255	6:27
Wechsel R -> L	-	0:35	-	1	-	4	0:03	20.50	45:59	2:14	28	0:59	255	6:10
Rad 000	20.00	32:55	1:38	2	0:54	6	6:12	20.50	45:59	2:14	28	0:59	255	6:10
Lauf Ziel	5.00	19:27	3:53	4	0:47	19	2:40	25.50	1:05:26	2:33	2	0:21	16	7:00