



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Werner Hemberger

000: 1:07:26

00: 232

00: 25.50 km

Lorsch Triathlon

00000/000: 27 (of 354)

00000/0: 24 (of 254)

000000: 58:26

0000:

Senioren 3 (TM 50)

00000: 7(of 27)

0000000: 1:05:05

0000

0000

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	10:06	20:11	8	1:52	75	3:19	0.50	10:06	20:11	28	1:52	255	3:19
Wechsel S -> R	-	2:17	-	8	0:44	65	2:17	0.50	12:23	24:45	28	2:28	255	4:15
Schwimmen 000	0.50	12:23	24:45	28	2:28	255	4:15	0.50	12:23	24:45	28	2:28	255	4:15
Rad netto	20.00	34:31	1:43	8	3:32	37	8:46	20.50	46:54	2:17	28	2:42	255	7:57
Wechsel R -> L	-	1:15	-	15	0:40	136	0:43	20.50	48:09	2:20	28	3:09	255	8:20
Rad 000	20.00	35:46	1:47	8	3:45	39	9:03	20.50	48:09	2:20	28	3:09	255	8:20
Lauf Ziel	5.00	19:17	3:51	2	0:37	15	2:30	25.50	1:07:26	2:38	7	2:21	24	9:00