



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Dirk Regitz

000: 1:19:51

00: TSA der TSG 1862 Weinheim

00: 316

00: 25.50 km

Lorsch Triathlon

00000/000: 179 (of 354)

00000/0: 153 (of 254)

000000: 58:26

0000:

Senioren 3 (TM 50)

00000: 18(of 27)

0000000: 1:05:05

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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	11:04	22:07	12	2:50	114	4:17	0.50	11:04	22:07	12	2:50	115	4:17
Wechsel S -> R	-	3:25	-	23	1:52	182	3:25	0.50	14:29	28:57	17	4:34	255	6:21
Schwimmen 000	0.50	14:29	28:57	17	4:34	255	6:21	0.50	14:29	28:57	17	4:34	255	6:21
Rad netto	20.00	39:13	1:57	23	8:14	170	13:28	20.50	53:42	2:37	28	9:30	255	14:45
Wechsel R -> L	-	0:50	-	5	0:15	50	0:18	20.50	54:32	2:39	28	9:32	255	14:43
Rad 000	20.00	40:03	2:00	22	8:02	151	13:20	20.50	54:32	2:39	28	9:32	255	14:43
Lauf Ziel	5.00	25:19	5:03	17	6:39	157	8:32	25.50	1:19:51	3:07	18	14:46	153	21:25