



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Manfred Hertel

000: 1:22:19

00: 4

00: 25.50 km

Lorsch Triathlon

00000/000: 208 (of 354)

00000/0: 171 (of 254)

000000: 58:26

0000:

Senioren 3 (TM 50)

00000: 20(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	10:51	21:41	11	2:37	107	4:04	0.50	10:51	21:41	28	2:37	107	4:04
Wechsel S -> R	-	2:44	-	13	1:11	107	2:44	0.50	13:35	27:10	28	3:40	97	5:27
Schwimmen 000	0.50	13:35	27:10	28	3:40	97	5:27	0.50	13:35	27:10	28	3:40	97	5:27
Rad netto	20.00	36:13	1:48	13	5:14	69	10:28	20.50	49:48	2:25	12	5:36	78	10:51
Wechsel R -> L	-	1:30	-	20	0:55	184	0:58	20.50	51:18	2:30	12	6:18	84	11:29
Rad 000	20.00	37:43	1:53	13	5:42	79	11:00	20.50	51:18	2:30	12	6:18	84	11:29
Lauf Ziel	5.00	31:01	6:12	26	12:21	232	14:14	25.50	1:22:19	3:13	20	17:14	171	23:53