



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

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Martin Elsholz

000: 1:24:22

00: 39

00: 25.50 km

Lorsch Triathlon

00000/000: 234 (of 354)

00000/0: 186 (of 254)

000000: 58:26

0000:

Senioren 3 (TM 50)

00000: 22(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	11:54	23:48	21	3:40	166	5:07	0.50	11:54	23:48	28	3:40	166	5:07
Wechsel S -> R	-	3:03	-	18	1:30	150	3:03	0.50	14:57	29:53	28	5:02	159	6:49
Schwimmen 000	0.50	14:57	29:53	28	5:02	159	6:49	0.50	14:57	29:53	28	5:02	159	6:49
Rad netto	20.00	38:43	1:56	21	7:44	153	12:58	20.50	53:40	2:37	19	9:28	147	14:43
Wechsel R -> L	-	1:49	-	25	1:14	222	1:17	20.50	55:29	2:42	21	10:29	157	15:40
Rad 000	20.00	40:32	2:01	23	8:31	168	13:49	20.50	55:29	2:42	21	10:29	157	15:40
Lauf Ziel	5.00	28:53	5:46	23	10:13	218	12:06	25.50	1:24:22	3:18	22	19:17	186	25:56