



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Micha Plenefisch

000: 1:26:16

00: SVGG Hirschlanden-Schöckingen

00: 28

00: 25.50 km

Lorsch Triathlon

00000/000: 260 (of 354)

00000/0: 203 (of 254)

000000: 58:26

0000:

Senioren 3 (TM 50)

00000: 23(of 27)

0000000: 1:05:05

0000

0000

000

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	11:28	22:56	15	3:14	140	4:41	0.50	11:28	22:56	28	3:14	140	4:41
Wechsel S -> R	-	3:27	-	24	1:54	185	3:27	0.50	14:55	29:49	28	5:00	158	6:47
Schwimmen 000	0.50	14:55	29:49	28	5:00	158	6:47	0.50	14:55	29:49	28	5:00	158	6:47
Rad netto	20.00	38:50	1:56	22	7:51	155	13:05	20.50	53:45	2:37	21	9:33	150	14:48
Wechsel R -> L	-	2:54	-	27	2:19	253	2:22	20.50	56:39	2:45	23	11:39	182	16:50
Rad 000	20.00	41:44	2:05	24	9:43	188	15:01	20.50	56:39	2:45	23	11:39	182	16:50
Lauf Ziel	5.00	29:37	5:55	24	10:57	220	12:50	25.50	1:26:16	3:22	23	21:11	203	27:50