



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Lars Heckhoff

000: 1:27:40

00: 1

00: 25.50 km

Lorsch Triathlon

00000/000: 275 (of 354)

00000/0: 211 (of 254)

000000: 58:26

0000:

Senioren 3 (TM 50)

00000: 24(of 27)

0000000: 1:05:05

0000

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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	15:07	30:14	26	6:53	238	8:20	0.50	15:07	30:14	28	6:53	238	8:20
Wechsel S -> R	-	2:44	-	13	1:11	107	2:44	0.50	17:51	35:42	28	7:56	228	9:43
Schwimmen 000	0.50	17:51	35:42	28	7:56	228	9:43	0.50	17:51	35:42	28	7:56	228	9:43
Rad netto	20.00	38:06	1:54	17	7:07	130	12:21	20.50	55:57	2:43	24	11:45	194	17:00
Wechsel R -> L	-	1:22	-	18	0:47	157	0:50	20.50	57:19	2:47	24	12:19	192	17:30
Rad 000	20.00	39:28	1:58	17	7:27	133	12:45	20.50	57:19	2:47	24	12:19	192	17:30
Lauf Ziel	5.00	30:21	6:04	25	11:41	228	13:34	25.50	1:27:40	3:26	24	22:35	211	29:14