



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Akram El-Rikabi

000: 1:36:54

00: 288

00: 25.50 km

Lorsch Triathlon

00000/000: 329 (of 354)

00000/0: 240 (of 254)

000000: 58:26

0000:

Senioren 3 (TM 50)

00000: 26(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	11:23	22:45	14	3:09	136	4:36	0.50	11:23	22:45	14	3:09	255	4:36
Wechsel S -> R	-	6:45	-	27	5:12	251	6:45	0.50	18:08	36:15	25	8:13	255	10:00
Schwimmen 000	0.50	18:08	36:15	25	8:13	255	10:00	0.50	18:08	36:15	25	8:13	255	10:00
Rad netto	20.00	50:04	2:30	27	19:05	251	24:19	20.50	1:08:12	3:19	28	24:00	255	29:15
Wechsel R -> L	-	1:31	-	22	0:56	189	0:59	20.50	1:09:43	3:24	28	24:43	255	29:54
Rad 000	20.00	51:35	2:34	27	19:34	252	24:52	20.50	1:09:43	3:24	28	24:43	255	29:54
Lauf Ziel	5.00	27:11	5:26	20	8:31	195	10:24	25.50	1:36:54	3:48	26	31:49	240	38:28