



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Gerd Nepputh

000: 1:08:12

00: 116

00: 25.50 km

Lorsch Triathlon

00000/000: 31 (of 354)

00000/0: 28 (of 254)

000000: 58:26

0000:

Senioren 4 (TM 55)

00000: 1(of 36)

0000000: 1:08:12

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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	9:44	19:27	4	1:39	53	2:57	0.50	9:44	19:27	37	1:39	255	2:57
Wechsel S -> R	-	1:53	-	3	1:53	30	1:53	0.50	11:37	23:14	37	0:47	255	3:29
Schwimmen 000	0.50	11:37	23:14	37	0:47	255	3:29	0.50	11:37	23:14	37	0:47	255	3:29
Rad netto	20.00	34:39	1:43	4	1:07	42	8:54	20.50	46:16	2:15	1	-	255	7:19
Wechsel R -> L	-	0:42	-	2	0:06	22	0:10	20.50	46:58	2:17	1	-	255	7:09
Rad 000	20.00	35:21	1:46	2	0:47	29	8:38	20.50	46:58	2:17	1	-	255	7:09
Lauf Ziel	5.00	21:14	4:14	2	0:07	54	4:27	25.50	1:08:12	2:40	1	-	28	9:46