



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Marcel Hofter

000: 1:14:48

00: 154

00: 25.50 km

Lorsch Triathlon

00000/000: 103 (of 354)

00000/0: 90 (of 254)

000000: 58:26

0000:

männliche AK 2 (TM 25)

00000: 9(of 30)

0000000: 1:07:29

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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	11:24	22:48	18	2:26	137	4:37	0.50	11:24	22:48	31	2:26	255	4:37
Wechsel S -> R	-	2:30	-	7	1:06	82	2:30	0.50	13:54	27:48	31	2:39	255	5:46
Schwimmen 000	0.50	13:54	27:48	31	2:39	255	5:46	0.50	13:54	27:48	31	2:39	255	5:46
Rad netto	20.00	34:13	1:42	4	8:28	28	8:28	20.50	48:07	2:20	31	5:06	255	9:10
Wechsel R -> L	-	1:28	-	24	0:56	176	0:56	20.50	49:35	2:25	31	5:36	255	9:46
Rad 000	20.00	35:41	1:47	4	8:58	36	8:58	20.50	49:35	2:25	31	5:36	255	9:46
Lauf Ziel	5.00	25:13	5:02	17	5:27	153	8:26	25.50	1:14:48	2:55	9	7:19	90	16:22