



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Frieder Foltz

000: 1:16:29

00: 40

00: 25.50 km

Lorsch Triathlon

00000/000: 132 (of 354)

00000/0: 116 (of 254)

000000: 58:26

0000:

Senioren 4 (TM 55)

00000: 11(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	11:49	23:37	15	3:44	161	5:02	0.50	11:49	23:37	37	3:44	162	5:02
Wechsel S -> R	-	3:00	-	18	3:00	142	3:00	0.50	14:49	29:37	37	3:59	154	6:41
Schwimmen 000	0.50	14:49	29:37	37	3:59	154	6:41	0.50	14:49	29:37	37	3:59	154	6:41
Rad netto	20.00	36:09	1:48	6	2:37	65	10:24	20.50	50:58	2:29	37	4:42	105	12:01
Wechsel R -> L	-	1:27	-	23	0:51	174	0:55	20.50	52:25	2:33	37	5:27	110	12:36
Rad 000	20.00	37:36	1:52	7	3:02	76	10:53	20.50	52:25	2:33	37	5:27	110	12:36
Lauf Ziel	5.00	24:04	4:48	13	2:57	131	7:17	25.50	1:16:29	2:59	11	8:17	116	18:03