



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Oliver Volk

000: 1:22:22

00: 301

00: 25.50 km

Lorsch Triathlon

00000/000: 211 (of 354)

00000/0: 172 (of 254)

000000: 58:26

0000:

Senioren 4 (TM 55)

00000: 21(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 | 12:07 | 24:14 | 17 | 4:02 | 174 | 5:20 | 0.50 | 12:07 | 24:14 | 37 | 4:02 | 255 | 5:20 |
| Wechsel S -> R | - | 5:03 | - | 34 | 5:03 | 245 | 5:03 | 0.50 | 17:10 | 34:20 | 37 | 6:20 | 255 | 9:02 |
| Schwimmen 000 | 0.50 | 17:10 | 34:20 | 37 | 6:20 | 255 | 9:02 | 0.50 | 17:10 | 34:20 | 37 | 6:20 | 255 | 9:02 |
| Rad netto | 20.00 | 38:34 | 1:55 | 19 | 5:02 | 145 | 12:49 | 20.50 | 55:44 | 2:43 | 37 | 9:28 | 255 | 16:47 |
| Wechsel R -> L | - | 1:56 | - | 31 | 1:20 | 231 | 1:24 | 20.50 | 57:40 | 2:48 | 37 | 10:42 | 255 | 17:51 |
| Rad 000 | 20.00 | 40:30 | 2:01 | 22 | 5:56 | 166 | 13:47 | 20.50 | 57:40 | 2:48 | 37 | 10:42 | 255 | 17:51 |
| Lauf Ziel | 5.00 | 24:42 | 4:56 | 16 | 3:35 | 142 | 7:55 | 25.50 | 1:22:22 | 3:13 | 21 | 14:10 | 172 | 23:56 |