



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Andreas Nordt

000: 1:23:45

00: 130

00: 25.50 km

Lorsch Triathlon

00000/000: 227 (of 354)

00000/0: 183 (of 254)

000000: 58:26

0000:

Senioren 4 (TM 55)

00000: 23(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	12:29	24:57	20	4:24	185	5:42	0.50	12:29	24:57	37	4:24	255	5:42
Wechsel S -> R	-	3:09	-	21	3:09	162	3:09	0.50	15:38	31:15	37	4:48	255	7:30
Schwimmen 000	0.50	15:38	31:15	37	4:48	255	7:30	0.50	15:38	31:15	37	4:48	255	7:30
Rad netto	20.00	38:58	1:56	21	5:26	158	13:13	20.50	54:36	2:39	20	8:20	255	15:39
Wechsel R -> L	-	1:38	-	28	1:02	198	1:06	20.50	56:14	2:44	19	9:16	255	16:25
Rad 000	20.00	40:36	2:01	24	6:02	172	13:53	20.50	56:14	2:44	19	9:16	255	16:25
Lauf Ziel	5.00	27:31	5:30	27	6:24	201	10:44	25.50	1:23:45	3:17	23	15:33	183	25:19