



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Mario Zubrod

000: 1:25:26

00: 134

00: 25.50 km

Lorsch Triathlon

00000/000: 249 (of 354)

00000/0: 197 (of 254)

000000: 58:26

0000:

Senioren 4 (TM 55)

00000: 24(of 36)

0000000: 1:08:12

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	12:14	24:27	19	4:09	176	5:27	0.50	12:14	24:27	37	4:09	255	5:27
Wechsel S -> R	-	4:00	-	28	4:00	210	4:00	0.50	16:14	32:28	37	5:24	255	8:06
Schwimmen 000	0.50	16:14	32:28	37	5:24	255	8:06	0.50	16:14	32:28	37	5:24	255	8:06
Rad netto	20.00	38:16	1:54	18	4:44	137	12:31	20.50	54:30	2:39	19	8:14	255	15:33
Wechsel R -> L	-	2:12	-	36	1:36	243	1:40	20.50	56:42	2:45	23	9:44	255	16:53
Rad 000	20.00	40:28	2:01	21	5:54	164	13:45	20.50	56:42	2:45	23	9:44	255	16:53
Lauf Ziel	5.00	28:44	5:44	29	7:37	214	11:57	25.50	1:25:26	3:21	24	17:14	197	27:00