



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Holger Janson

000: 1:27:31

00: 432

00: 25.50 km

Lorsch Triathlon

00000/000: 274 (of 354)

00000/0: 210 (of 254)

000000: 58:26

0000:

Senioren 4 (TM 55)

00000: 28(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	12:56	25:52	24	4:51	201	6:09	0.50	12:56	25:52	24	4:51	255	6:09
Wechsel S -> R	-	4:47	-	33	4:47	240	4:47	0.50	17:43	35:25	37	6:53	255	9:35
Schwimmen 000	0.50	17:43	35:25	37	6:53	255	9:35	0.50	17:43	35:25	37	6:53	255	9:35
Rad netto	20.00	41:00	2:02	29	7:28	199	15:15	20.50	58:43	2:51	37	12:27	255	19:46
Wechsel R -> L	-	1:59	-	33	1:23	233	1:27	20.50	1:00:42	2:57	37	13:44	255	20:53
Rad 000	20.00	42:59	2:08	29	8:25	207	16:16	20.50	1:00:42	2:57	37	13:44	255	20:53
Lauf Ziel	5.00	26:49	5:21	23	5:42	188	10:02	25.50	1:27:31	3:25	28	19:19	210	29:05