



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

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Markus Lasar

000: 1:28:02

00: 129

00: 25.50 km

Lorsch Triathlon

00000/000: 280 (of 354)

00000/0: 215 (of 254)

000000: 58:26

0000:

Senioren 4 (TM 55)

00000: 29(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	12:55	25:49	23	4:50	200	6:08	0.50	12:55	25:49	37	4:50	255	6:08
Wechsel S -> R	-	6:16	-	36	6:16	250	6:16	0.50	19:11	38:22	37	8:21	255	11:03
Schwimmen 000	0.50	19:11	38:22	37	8:21	255	11:03	0.50	19:11	38:22	37	8:21	255	11:03
Rad netto	20.00	38:35	1:55	20	5:03	147	12:50	20.50	57:46	2:49	26	11:30	255	18:49
Wechsel R -> L	-	1:24	-	21	0:48	167	0:52	20.50	59:10	2:53	26	12:12	255	19:21
Rad 000	20.00	39:59	1:59	19	5:25	148	13:16	20.50	59:10	2:53	26	12:12	255	19:21
Lauf Ziel	5.00	28:52	5:46	30	7:45	217	12:05	25.50	1:28:02	3:27	29	19:50	215	29:36