



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Volker Büttner

000: 1:32:35

00: 193

00: 25.50 km

Lorsch Triathlon

00000/000: 308 (of 354)

00000/0: 227 (of 254)

000000: 58:26

0000:

Senioren 4 (TM 55)

00000: 31(of 36)

0000000: 1:08:12

0000

0000

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	18:16	36:31	35	10:11	253	11:29	0.50	18:16	36:31	37	10:11	255	11:29
Wechsel S -> R	-	3:43	-	25	3:43	193	3:43	0.50	21:59	43:58	37	11:09	255	13:51
Schwimmen 000	0.50	21:59	43:58	37	11:09	255	13:51	0.50	21:59	43:58	37	11:09	255	13:51
Rad netto	20.00	40:30	2:01	26	6:58	190	14:45	20.50	1:02:29	3:02	37	16:13	255	23:32
Wechsel R -> L	-	1:58	-	32	1:22	232	1:26	20.50	1:04:27	3:08	37	17:29	255	24:38
Rad 000	20.00	42:28	2:07	28	7:54	199	15:45	20.50	1:04:27	3:08	37	17:29	255	24:38
Lauf Ziel	5.00	28:08	5:37	28	7:01	205	11:21	25.50	1:32:35	3:37	31	24:23	227	34:09