



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Ralf Bitsch

000: 1:36:13

00: 110

00: 25.50 km

Lorsch Triathlon

00000/000: 326 (of 354)

00000/0: 238 (of 254)

000000: 58:26

0000:

Senioren 4 (TM 55)

00000: 33(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	13:31	27:02	27	5:26	215	6:44	0.50	13:31	27:02	37	5:26	255	6:44
Wechsel S -> R	-	3:52	-	26	3:52	203	3:52	0.50	17:23	34:45	27	6:33	255	9:15
Schwimmen 000	0.50	17:23	34:45	27	6:33	255	9:15	0.50	17:23	34:45	27	6:33	255	9:15
Rad netto	20.00	47:42	2:23	33	14:10	244	21:57	20.50	1:05:05	3:10	33	18:49	255	26:08
Wechsel R -> L	-	0:52	-	5	0:16	55	0:20	20.50	1:05:57	3:13	33	18:59	255	26:08
Rad 000	20.00	48:34	2:25	33	14:00	242	21:51	20.50	1:05:57	3:13	33	18:59	255	26:08
Lauf Ziel	5.00	30:16	6:03	31	9:09	227	13:29	25.50	1:36:13	3:46	33	28:01	238	37:47