



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Hans-Leo, Ross

000: 1:44:16

00: 351

00: 25.50 km

Lorsch Triathlon

00000/000: 345 (of 354)

00000/0: 248 (of 254)

000000: 58:26

0000:

Senioren 4 (TM 55)

00000: 34(of 36)

0000000: 1:08:12

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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	17:50	35:39	34	9:45	251	11:03	0.50	17:50	35:39	37	9:45	255	11:03
Wechsel S -> R	-	4:36	-	32	4:36	237	4:36	0.50	22:26	44:52	36	11:36	255	14:18
Schwimmen 000	0.50	22:26	44:52	36	11:36	255	14:18	0.50	22:26	44:52	36	11:36	255	14:18
Rad netto	20.00	49:45	2:29	35	16:13	250	24:00	20.50	1:12:11	3:31	37	25:55	255	33:14
Wechsel R -> L	-	0:53	-	6	0:17	62	0:21	20.50	1:13:04	3:33	37	26:06	255	33:15
Rad 000	20.00	50:38	2:31	35	16:04	250	23:55	20.50	1:13:04	3:33	37	26:06	255	33:15
Lauf Ziel	5.00	31:12	6:14	34	10:05	235	14:25	25.50	1:44:16	4:05	34	36:04	248	45:50