



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Michael Mueller

000: 1:44:23

00: 346

00: 25.50 km

Lorsch Triathlon

00000/000: 346 (of 354)

00000/0: 249 (of 254)

000000: 58:26

0000:

Senioren 4 (TM 55)

00000: 35(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	15:11	30:22	31	7:06	239	8:24	0.50	15:11	30:22	37	7:06	255	8:24
Wechsel S -> R	-	4:14	-	29	4:14	226	4:14	0.50	19:25	38:50	34	8:35	255	11:17
Schwimmen 000	0.50	19:25	38:50	34	8:35	255	11:17	0.50	19:25	38:50	34	8:35	255	11:17
Rad netto	20.00	47:42	2:23	33	14:10	244	21:57	20.50	1:07:07	3:16	37	20:51	255	28:10
Wechsel R -> L	-	1:27	-	23	0:51	174	0:55	20.50	1:08:34	3:20	37	21:36	255	28:45
Rad 000	20.00	49:09	2:27	34	14:35	243	22:26	20.50	1:08:34	3:20	37	21:36	255	28:45
Lauf Ziel	5.00	35:49	7:09	35	14:42	247	19:02	25.50	1:44:23	4:05	35	36:11	249	45:57