



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Ralf Fabian

000: 1:06:30

00: SSG Bensheim

00: 202

00: 25.50 km

Lorsch Triathlon

00000/000: 24 (of 354)

00000/0: 21 (of 254)

000000: 58:26

0000:

Senioren 5 (TM 60)

00000: 1(of 13)

0000000: 1:06:30

0000

0000

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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 | 8:53 | 17:45 | 1 | - | 21 | 2:06 | 0.50 | 8:53 | 17:45 | 1 | - | 255 | 2:06 |
| Wechsel S -> R | - | 1:51 | - | 1 | - | 23 | 1:51 | 0.50 | 10:44 | 21:27 | 1 | - | 255 | 2:36 |
| Schwimmen 000 | 0.50 | 10:44 | 21:27 | 1 | - | 255 | 2:36 | 0.50 | 10:44 | 21:27 | 1 | - | 255 | 2:36 |
| Rad netto | 20.00 | 34:23 | 1:43 | 1 | - | 33 | 8:38 | 20.50 | 45:07 | 2:12 | 1 | - | 255 | 6:10 |
| Wechsel R -> L | - | 1:17 | - | 6 | 0:36 | 144 | 0:45 | 20.50 | 46:24 | 2:15 | 1 | - | 255 | 6:35 |
| Rad 000 | 20.00 | 35:40 | 1:46 | 1 | - | 35 | 8:57 | 20.50 | 46:24 | 2:15 | 1 | - | 255 | 6:35 |
| Lauf Ziel | 5.00 | 20:06 | 4:01 | 1 | - | 30 | 3:19 | 25.50 | 1:06:30 | 2:36 | 1 | - | 21 | 8:04 |