



19. Lorsch Triathlon

Lorsch / 18.08.2024

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Uwe Steingens

□□□: 1:11:54

□□: Triathlon Team DSW Darmstadt

□□: 170

□□: 25.50 km

Lorsch Triathlon

□□□□□/□□□: 69 (of 354)

□□□□□/□: 61 (of 254)

□□□□□□: 58:26

□□□□:

□□□□□: 3(of 13)

Senioren 5 (TM 60)

□□□□□□□: 1:06:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	9:20	18:40	2	0:27	41	2:33	0.50	9:20	18:40	2	0:27	255	2:33
Wechsel S -> R	-	2:16	-	3	0:25	62	2:16	0.50	11:36	23:11	2	0:52	255	3:28
Schwimmen □□□	0.50	11:36	23:11	2	0:52	255	3:28	0.50	11:36	23:11	2	0:52	255	3:28
Rad netto	20.00	36:47	1:50	4	2:24	91	11:02	20.50	48:23	2:21	2	3:16	255	9:26
Wechsel R -> L	-	0:58	-	4	0:17	76	0:26	20.50	49:21	2:24	2	2:57	255	9:32
Rad □□□	20.00	37:45	1:53	3	2:05	80	11:02	20.50	49:21	2:24	2	2:57	255	9:32
Lauf Ziel	5.00	22:33	4:30	5	2:27	93	5:46	25.50	1:11:54	2:49	3	5:24	61	13:28