



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Johan Willems

000: 1:12:12

00: 261

00: 25.50 km

Lorsch Triathlon

00000/000: 71 (of 354)

00000/0: 63 (of 254)

000000: 58:26

0000:

Senioren 5 (TM 60)

00000: 4(of 13)

0000000: 1:06:30

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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	10:19	20:37	4	1:26	86	3:32	0.50	10:19	20:37	14	1:26	255	3:32
Wechsel S -> R	-	2:50	-	4	0:59	120	2:50	0.50	13:09	26:18	14	2:25	255	5:01
Schwimmen 000	0.50	13:09	26:18	14	2:25	255	5:01	0.50	13:09	26:18	14	2:25	255	5:01
Rad netto	20.00	36:44	1:50	3	2:21	88	10:59	20.50	49:53	2:25	14	4:46	255	10:56
Wechsel R -> L	-	1:42	-	9	1:01	210	1:10	20.50	51:35	2:30	14	5:11	255	11:46
Rad 000	20.00	38:26	1:55	4	2:46	103	11:43	20.50	51:35	2:30	14	5:11	255	11:46
Lauf Ziel	5.00	20:37	4:07	2	0:31	39	3:50	25.50	1:12:12	2:49	4	5:42	63	13:46