



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Rüdiger Klose

000: 1:18:26

00: 422

00: 25.50 km

Lorsch Triathlon

00000/000: 161 (of 354)

00000/0: 139 (of 254)

000000: 58:26

0000:

Senioren 5 (TM 60)

00000: 5(of 13)

0000000: 1:06:30

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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	11:12	22:23	7	2:19	128	4:25	0.50	11:12	22:23	14	2:19	255	4:25
Wechsel S -> R	-	3:23	-	8	1:32	178	3:23	0.50	14:35	29:10	14	3:51	255	6:27
Schwimmen 000	0.50	14:35	29:10	14	3:51	255	6:27	0.50	14:35	29:10	14	3:51	255	6:27
Rad netto	20.00	39:26	1:58	8	5:03	179	13:41	20.50	54:01	2:38	14	8:54	255	15:04
Wechsel R -> L	-	1:54	-	10	1:13	226	1:22	20.50	55:55	2:43	14	9:31	255	16:06
Rad 000	20.00	41:20	2:04	8	5:40	183	14:37	20.50	55:55	2:43	14	9:31	255	16:06
Lauf Ziel	5.00	22:31	4:30	4	2:25	89	5:44	25.50	1:18:26	3:04	5	11:56	139	20:00