



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Walter Mayer

000: 1:20:20

00: 31

00: 25.50 km

Lorsch Triathlon

00000/000: 182 (of 354)

00000/0: 156 (of 254)

000000: 58:26

0000:

Senioren 5 (TM 60)

00000: 6(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	11:39	23:18	9	2:46	150	4:52	0.50	11:39	23:18	14	2:46	152	4:52
Wechsel S -> R	-	3:05	-	5	1:14	152	3:05	0.50	14:44	29:27	14	4:00	149	6:36
Schwimmen 000	0.50	14:44	29:27	14	4:00	149	6:36	0.50	14:44	29:27	14	4:00	149	6:36
Rad netto	20.00	38:37	1:55	6	4:14	149	12:52	20.50	53:21	2:36	14	8:14	141	14:24
Wechsel R -> L	-	0:41	-	1	-	21	0:09	20.50	54:02	2:38	14	7:38	133	14:13
Rad 000	20.00	39:18	1:57	5	3:38	130	12:35	20.50	54:02	2:38	14	7:38	133	14:13
Lauf Ziel	5.00	26:18	5:15	7	6:12	178	9:31	25.50	1:20:20	3:09	6	13:50	156	21:54