



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

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## Jürgen Baumgarten

000: 1:24:58

00: Running Sibana

00: 29

00: 25.50 km

Lorsch Triathlon

00000/000: 242 (of 354)

00000/0: 191 (of 254)

000000: 58:26

0000:

00000: 7(of 13)

Senioren 5 (TM 60)

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	10:30	21:00	5	1:37	95	3:43	0.50	10:30	21:00	14	1:37	96	3:43
Wechsel S -> R	-	3:31	-	9	1:40	187	3:31	0.50	14:01	28:02	14	3:17	120	5:53
Schwimmen 000	0.50	14:01	28:02	14	3:17	120	5:53	0.50	14:01	28:02	14	3:17	120	5:53
Rad netto	20.00	40:54	2:02	9	6:31	196	15:09	20.50	54:55	2:40	14	9:48	173	15:58
Wechsel R -> L	-	1:36	-	8	0:55	196	1:04	20.50	56:31	2:45	14	10:07	179	16:42
Rad 000	20.00	42:30	2:07	9	6:50	200	15:47	20.50	56:31	2:45	14	10:07	179	16:42
Lauf Ziel	5.00	28:27	5:41	9	8:21	212	11:40	25.50	1:24:58	3:19	7	18:28	191	26:32