



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Thomas Gruß

000: 1:26:49

00: 51

00: 25.50 km

Lorsch Triathlon

00000/000: 265 (of 354)

00000/0: 206 (of 254)

000000: 58:26

0000:

Senioren 5 (TM 60)

00000: 9(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	12:42	25:23	11	3:49	193	5:55	0.50	12:42	25:23	14	3:49	193	5:55
Wechsel S -> R	-	3:46	-	10	1:55	195	3:46	0.50	16:28	32:55	14	5:44	196	8:20
Schwimmen 000	0.50	16:28	32:55	14	5:44	196	8:20	0.50	16:28	32:55	14	5:44	196	8:20
Rad netto	20.00	39:10	1:57	7	4:47	166	13:25	20.50	55:38	2:42	14	10:31	185	16:41
Wechsel R -> L	-	1:22	-	7	0:41	157	0:50	20.50	57:00	2:46	14	10:36	186	17:11
Rad 000	20.00	40:32	2:01	7	4:52	169	13:49	20.50	57:00	2:46	14	10:36	186	17:11
Lauf Ziel	5.00	29:49	5:57	10	9:43	225	13:02	25.50	1:26:49	3:24	9	20:19	206	28:23