



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Armin Kleiner

000: 1:44:52

00: BSG JSA Schifferstadt

00: 25

00: 25.50 km

Lorsch Triathlon

00000/000: 348 (of 354)

00000/0: 250 (of 254)

000000: 58:26

0000:

Senioren 5 (TM 60)

00000: 13(of 13)

0000000: 1:06:30

0000

0000

000

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	14:02	28:03	12	5:09	222	7:15	0.50	14:02	28:03	14	5:09	223	7:15
Wechsel S -> R	-	4:17	-	12	2:26	229	4:17	0.50	18:19	36:37	14	7:35	235	10:11
Schwimmen 000	0.50	18:19	36:37	14	7:35	235	10:11	0.50	18:19	36:37	14	7:35	235	10:11
Rad netto	20.00	45:05	2:15	12	10:42	232	19:20	20.50	1:03:24	3:05	14	18:17	236	24:27
Wechsel R -> L	-	4:53	-	13	4:12	254	4:21	20.50	1:08:17	3:19	14	21:53	247	28:28
Rad 000	20.00	49:58	2:29	13	14:18	246	23:15	20.50	1:08:17	3:19	14	21:53	247	28:28
Lauf Ziel	5.00	36:35	7:19	13	16:29	249	19:48	25.50	1:44:52	4:06	13	38:22	250	46:26