



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

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## Roland Sawinski

□□□: 1:11:12

□□: LSV Ladenburg

□□: 365

□□: 25.50 km

Lorsch Triathlon

□□□□□/□□□: 60 (of 354)

□□□□□/□: 54 (of 254)

□□□□□□: 58:26

□□□□:

Senioren 6 (TM 65)

□□□□□: 1(of 9)

□□□□□□□: 1:11:12

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50     | 10:41    | 21:22        | 2       | 0:04    | 101     | 3:54    | 0.50  | 10:41     | 21:22         | 10      | 0:04    | 255     | 3:54    |
| Wechsel S -> R | -        | 1:43     | -            | 1       | -       | 16      | 1:43    | 0.50  | 12:24     | 24:48         | 1       | -       | 255     | 4:16    |
| Schwimmen □□□  | 0.50     | 12:24    | 24:48        | 1       | -       | 255     | 4:16    | 0.50  | 12:24     | 24:48         | 1       | -       | 255     | 4:16    |
| Rad netto      | 20.00    | 36:03    | 1:48         | 1       | -       | 64      | 10:18   | 20.50 | 48:27     | 2:21          | 1       | -       | 255     | 9:30    |
| Wechsel R -> L | -        | 0:52     | -            | 1       | -       | 55      | 0:20    | 20.50 | 49:19     | 2:24          | 1       | -       | 255     | 9:30    |
| Rad □□□        | 20.00    | 36:55    | 1:50         | 1       | -       | 57      | 10:12   | 20.50 | 49:19     | 2:24          | 1       | -       | 255     | 9:30    |
| Lauf Ziel      | 5.00     | 21:53    | 4:22         | 1       | -       | 75      | 5:06    | 25.50 | 1:11:12   | 2:47          | 1       | -       | 54      | 12:46   |