



19. Lorsch Triathlon

Lorsch / 18.08.2024

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Jörg Krietenstein

□□□: 1:27:48

□□: SSG Trias Bensheim

□□: 133

□□: 25.50 km

Lorsch Triathlon

□□□□□/□□□: 278 (of 354)

□□□□□/□: 214 (of 254)

□□□□□□: 58:26

□□□□:

Senioren 6 (TM 65)

□□□□□: 5(of 9)

□□□□□□□: 1:11:12

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 13:01 | 26:02 | 6 | 2:24 | 202 | 6:14 | 0.50 | 13:01 | 26:02 | 10 | 2:24 | 255 | 6:14 |
| Wechsel S -> R | - | 2:58 | - | 5 | 1:15 | 138 | 2:58 | 0.50 | 15:59 | 31:57 | 10 | 3:35 | 255 | 7:51 |
| Schwimmen □□□ | 0.50 | 15:59 | 31:57 | 10 | 3:35 | 255 | 7:51 | 0.50 | 15:59 | 31:57 | 10 | 3:35 | 255 | 7:51 |
| Rad netto | 20.00 | 38:23 | 1:55 | 4 | 2:20 | 140 | 12:38 | 20.50 | 54:22 | 2:39 | 10 | 5:55 | 255 | 15:25 |
| Wechsel R -> L | - | 1:50 | - | 6 | 0:58 | 224 | 1:18 | 20.50 | 56:12 | 2:44 | 10 | 6:53 | 255 | 16:23 |
| Rad □□□ | 20.00 | 40:13 | 2:00 | 4 | 3:18 | 156 | 13:30 | 20.50 | 56:12 | 2:44 | 10 | 6:53 | 255 | 16:23 |
| Lauf Ziel | 5.00 | 31:36 | 6:19 | 7 | 9:43 | 240 | 14:49 | 25.50 | 1:27:48 | 3:26 | 5 | 16:36 | 214 | 29:22 |