



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Alois Leibetseder

000: 1:29:42

00: 7

00: 25.50 km

Lorsch Triathlon

00000/000: 289 (of 354)

00000/0: 220 (of 254)

000000: 58:26

0000:

Senioren 6 (TM 65)

00000: 6(of 9)

0000000: 1:11:12

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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	11:33	23:06	3	0:56	144	4:46	0.50	11:33	23:06	3	0:56	146	4:46
Wechsel S -> R	-	4:57	-	7	3:14	244	4:57	0.50	16:30	33:00	10	4:06	197	8:22
Schwimmen 000	0.50	16:30	33:00	10	4:06	197	8:22	0.50	16:30	33:00	10	4:06	197	8:22
Rad netto	20.00	39:20	1:58	5	3:17	175	13:35	20.50	55:50	2:43	10	7:23	191	16:53
Wechsel R -> L	-	2:28	-	9	1:36	250	1:56	20.50	58:18	2:50	10	8:59	198	18:29
Rad 000	20.00	41:48	2:05	6	4:53	190	15:05	20.50	58:18	2:50	10	8:59	198	18:29
Lauf Ziel	5.00	31:24	6:16	6	9:31	238	14:37	25.50	1:29:42	3:31	6	18:30	220	31:16