



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

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Dieter Kary

000: 1:17:08

00: 442

00: 25.50 km

Lorsch Triathlon

00000/000: 139 (of 354)

00000/0: 123 (of 254)

000000: 58:26

0000:

Senioren 7 (TM 70)

00000: 1(of 6)

0000000: 1:17:08

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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	11:26	22:52	1	-	138	4:39	0.50	11:26	22:52	1	-	255	4:39
Wechsel S -> R	-	2:18	-	1	-	67	2:18	0.50	13:44	27:27	1	-	255	5:36
Schwimmen 000	0.50	13:44	27:27	1	-	255	5:36	0.50	13:44	27:27	1	-	255	5:36
Rad netto	20.00	38:30	1:55	1	-	143	12:45	20.50	52:14	2:32	1	-	255	13:17
Wechsel R -> L	-	1:02	-	3	0:13	87	0:30	20.50	53:16	2:35	1	-	255	13:27
Rad 000	20.00	39:32	1:58	1	-	136	12:49	20.50	53:16	2:35	1	-	255	13:27
Lauf Ziel	5.00	23:52	4:46	1	-	126	7:05	25.50	1:17:08	3:01	1	-	123	18:42