



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Karl-Heinz Fahrbach

000: 1:28:34

00: 177

00: 25.50 km

Lorsch Triathlon

00000/000: 283 (of 354)

00000/0: 217 (of 254)

000000: 58:26

0000:

Senioren 7 (TM 70)

00000: 2(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	15:13	30:26	6	3:47	242	8:26	0.50	15:13	30:26	7	3:47	255	8:26
Wechsel S -> R	-	3:23	-	3	1:05	178	3:23	0.50	18:36	37:12	7	4:52	255	10:28
Schwimmen 000	0.50	18:36	37:12	7	4:52	255	10:28	0.50	18:36	37:12	7	4:52	255	10:28
Rad netto	20.00	38:51	1:56	2	0:21	156	13:06	20.50	57:27	2:48	7	5:13	255	18:30
Wechsel R -> L	-	1:26	-	4	0:37	171	0:54	20.50	58:53	2:52	7	5:37	255	19:04
Rad 000	20.00	40:17	2:00	2	0:45	159	13:34	20.50	58:53	2:52	7	5:37	255	19:04
Lauf Ziel	5.00	29:41	5:56	4	5:49	222	12:54	25.50	1:28:34	3:28	2	11:26	217	30:08