



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Rainer Brechtel

000: 1:30:36

00: LCO Edenkoben

00: 41

00: 25.50 km

Lorsch Triathlon

00000/000: 294 (of 354)

00000/0: 222 (of 254)

000000: 58:26

0000:

Senioren 7 (TM 70)

00000: 3(of 6)

0000000: 1:17:08

0000

0000

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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	14:47	29:33	4	3:21	232	8:00	0.50	14:47	29:33	7	3:21	232	8:00
Wechsel S -> R	-	4:12	-	5	1:54	222	4:12	0.50	18:59	37:58	7	5:15	238	10:51
Schwimmen 000	0.50	18:59	37:58	7	5:15	238	10:51	0.50	18:59	37:58	7	5:15	238	10:51
Rad netto	20.00	43:16	2:09	4	4:46	225	17:31	20.50	1:02:15	3:02	7	10:01	230	23:18
Wechsel R -> L	-	2:09	-	5	1:20	240	1:37	20.50	1:04:24	3:08	7	11:08	233	24:35
Rad 000	20.00	45:25	2:16	4	5:53	228	18:42	20.50	1:04:24	3:08	7	11:08	233	24:35
Lauf Ziel	5.00	26:12	5:14	3	2:20	176	9:25	25.50	1:30:36	3:33	3	13:28	222	32:10