



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Kurt Berndt

000: 1:30:51

00: 149

00: 25.50 km

Lorsch Triathlon

00000/000: 296 (of 354)

00000/0: 224 (of 254)

000000: 58:26

0000:

Senioren 7 (TM 70)

00000: 4(of 6)

0000000: 1:17:08

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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	15:02	30:03	5	3:36	236	8:15	0.50	15:02	30:03	7	3:36	255	8:15
Wechsel S -> R	-	4:41	-	6	2:23	239	4:41	0.50	19:43	39:25	7	5:59	255	11:35
Schwimmen 000	0.50	19:43	39:25	7	5:59	255	11:35	0.50	19:43	39:25	7	5:59	255	11:35
Rad netto	20.00	44:10	2:12	5	5:40	229	18:25	20.50	1:03:53	3:06	7	11:39	255	24:56
Wechsel R -> L	-	0:49	-	1	-	45	0:17	20.50	1:04:42	3:09	7	11:26	255	24:53
Rad 000	20.00	44:59	2:14	3	5:27	224	18:16	20.50	1:04:42	3:09	7	11:26	255	24:53
Lauf Ziel	5.00	26:09	5:13	2	2:17	175	9:22	25.50	1:30:51	3:33	4	13:43	224	32:25