



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Lucas Marbach

000: 1:18:43

00: 327

00: 25.50 km

Lorsch Triathlon

00000/000: 163 (of 354)

00000/0: 141 (of 254)

000000: 58:26

0000:

männliche AK 2 (TM 25)

00000: 15(of 30)

0000000: 1:07:29

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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	10:05	20:10	9	1:07	74	3:18	0.50	10:05	20:10	31	1:07	255	3:18
Wechsel S -> R	-	1:57	-	2	0:33	36	1:57	0.50	12:02	24:03	31	0:47	48	3:54
Schwimmen 000	0.50	12:02	24:03	31	0:47	48	3:54	0.50	12:02	24:03	31	0:47	48	3:54
Rad netto	20.00	41:44	2:05	22	15:59	205	15:59	20.50	53:46	2:37	31	10:45	255	14:49
Wechsel R -> L	-	1:14	-	18	0:42	132	0:42	20.50	55:00	2:40	31	11:01	255	15:11
Rad 000	20.00	42:58	2:08	24	16:15	205	16:15	20.50	55:00	2:40	31	11:01	255	15:11
Lauf Ziel	5.00	23:43	4:44	13	3:57	118	6:56	25.50	1:18:43	3:05	15	11:14	141	20:17