



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Lutz Prenzel

000: 1:42:05

00: 240

00: 25.50 km

Lorsch Triathlon

00000/000: 344 (of 354)

00000/0: 247 (of 254)

000000: 58:26

0000:

Senioren 8 (TM 75)

00000: 3(of 3)

0000000: 1:19:19

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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	16:23	32:45	3	2:58	247	9:36	0.50	16:23	32:45	3	2:58	255	9:36
Wechsel S -> R	-	5:05	-	3	2:34	246	5:05	0.50	21:28	42:55	3	4:26	255	13:20
Schwimmen 000	0.50	21:28	42:55	3	4:26	255	13:20	0.50	21:28	42:55	3	4:26	255	13:20
Rad netto	20.00	47:38	2:22	3	13:03	243	21:53	20.50	1:09:06	3:22	4	17:24	255	30:09
Wechsel R -> L	-	1:41	-	2	0:07	207	1:09	20.50	1:10:47	3:27	4	17:31	255	30:58
Rad 000	20.00	49:19	2:27	3	13:10	244	22:36	20.50	1:10:47	3:27	4	17:31	255	30:58
Lauf Ziel	5.00	31:18	6:15	3	5:15	236	14:31	25.50	1:42:05	4:00	3	22:46	247	43:39