



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

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Marc Wahlig

000: 1:23:38

00: 224

00: 25.50 km

Lorsch Triathlon

00000/000: 223 (of 354)

00000/0: 180 (of 254)

000000: 58:26

0000:

männliche AK 2 (TM 25)

00000: 22(of 30)

0000000: 1:07:29

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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	10:00	20:00	6	1:02	67	3:13	0.50	10:00	20:00	6	1:02	255	3:13
Wechsel S -> R	-	3:56	-	20	2:32	207	3:56	0.50	13:56	27:52	14	2:41	255	5:48
Schwimmen 000	0.50	13:56	27:52	14	2:41	255	5:48	0.50	13:56	27:52	14	2:41	255	5:48
Rad netto	20.00	45:35	2:16	27	19:50	237	19:50	20.50	59:31	2:54	27	16:30	255	20:34
Wechsel R -> L	-	0:43	-	7	0:11	28	0:11	20.50	1:00:14	2:56	27	16:15	255	20:25
Rad 000	20.00	46:18	2:18	27	19:35	234	19:35	20.50	1:00:14	2:56	27	16:15	255	20:25
Lauf Ziel	5.00	23:24	4:40	9	3:38	108	6:37	25.50	1:23:38	3:16	22	16:09	180	25:12