



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Jan Müller

000: 1:24:03

00: 54

00: 25.50 km

Lorsch Triathlon

00000/000: 229 (of 354)

00000/0: 184 (of 254)

000000: 58:26

0000:

männliche AK 2 (TM 25)

00000: 23(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	9:38	19:15	5	0:40	49	2:51	0.50	9:38	19:15	31	0:40	49	2:51
Wechsel S -> R	-	2:49	-	11	1:25	119	2:49	0.50	12:27	24:53	31	1:12	63	4:19
Schwimmen 000	0.50	12:27	24:53	31	1:12	63	4:19	0.50	12:27	24:53	31	1:12	63	4:19
Rad netto	20.00	40:48	2:02	21	15:03	193	15:03	20.50	53:15	2:35	31	10:14	140	14:18
Wechsel R -> L	-	1:10	-	15	0:38	117	0:38	20.50	54:25	2:39	31	10:26	138	14:36
Rad 000	20.00	41:58	2:05	21	15:15	193	15:15	20.50	54:25	2:39	31	10:26	138	14:36
Lauf Ziel	5.00	29:38	5:55	26	9:52	221	12:51	25.50	1:24:03	3:17	23	16:34	184	25:37