



19. Lorsch Triathlon

Lorsch / 18.08.2024

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Luca Wiesener

000: 1:07:18

00: 303

00: 25.50 km

Lorsch Triathlon

00000/000: 25 (of 354)

00000/0: 22 (of 254)

000000: 58:26

0000:

männliche AK 3 (TM 30)

00000: 4(of 30)

0000000: 58:26

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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	9:14	18:27	6	2:27	33	2:27	0.50	9:14	18:27	31	2:27	255	2:27
Wechsel S -> R	-	2:03	-	4	0:42	42	2:03	0.50	11:17	22:33	31	3:09	30	3:09
Schwimmen 000	0.50	11:17	22:33	31	3:09	30	3:09	0.50	11:17	22:33	31	3:09	30	3:09
Rad netto	20.00	36:21	1:49	11	5:32	71	10:36	20.50	47:38	2:19	31	8:41	255	8:41
Wechsel R -> L	-	1:05	-	12	0:29	100	0:33	20.50	48:43	2:22	31	8:54	255	8:54
Rad 000	20.00	37:26	1:52	11	5:45	71	10:43	20.50	48:43	2:22	31	8:54	255	8:54
Lauf Ziel	5.00	18:35	3:42	3	1:48	6	1:48	25.50	1:07:18	2:38	4	8:52	22	8:52