



19. Lorsch Triathlon

Lorsch / 18.08.2024

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Christoph Schönauer

000: 1:08:13

00: 15

00: 25.50 km

Lorsch Triathlon

00000/000: 32 (of 354)

00000/0: 29 (of 254)

000000: 58:26

0000:

männliche AK 3 (TM 30)

00000: 6(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	9:47	19:33	9	3:00	58	3:00	0.50	9:47	19:33	9	3:00	58	3:00
Wechsel S -> R	-	2:15	-	7	0:54	61	2:15	0.50	12:02	24:03	7	3:54	48	3:54
Schwimmen 000	0.50	12:02	24:03	7	3:54	48	3:54	0.50	12:02	24:03	7	3:54	48	3:54
Rad netto	20.00	34:04	1:42	5	3:15	27	8:19	20.50	46:06	2:14	4	7:09	29	7:09
Wechsel R -> L	-	1:10	-	15	0:34	117	0:38	20.50	47:16	2:18	4	7:27	29	7:27
Rad 000	20.00	35:14	1:45	5	3:33	27	8:31	20.50	47:16	2:18	4	7:27	29	7:27
Lauf Ziel	5.00	20:57	4:11	8	4:10	47	4:10	25.50	1:08:13	2:40	6	9:47	29	9:47