



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Max Kille

000: 1:11:12

00: 201

00: 25.50 km

Lorsch Triathlon

00000/000: 59 (of 354)

00000/0: 54 (of 254)

000000: 58:26

0000:

männliche AK 3 (TM 30)

00000: 9(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	10:03	20:06	12	3:16	72	3:16	0.50	10:03	20:06	31	3:16	255	3:16
Wechsel S -> R	-	2:48	-	16	1:27	116	2:48	0.50	12:51	25:41	31	4:43	255	4:43
Schwimmen 000	0.50	12:51	25:41	31	4:43	255	4:43	0.50	12:51	25:41	31	4:43	255	4:43
Rad netto	20.00	36:01	1:48	10	5:12	62	10:16	20.50	48:52	2:23	31	9:55	255	9:55
Wechsel R -> L	-	1:06	-	13	0:30	103	0:34	20.50	49:58	2:26	31	10:09	255	10:09
Rad 000	20.00	37:07	1:51	10	5:26	60	10:24	20.50	49:58	2:26	31	10:09	255	10:09
Lauf Ziel	5.00	21:14	4:14	11	4:27	54	4:27	25.50	1:11:12	2:47	9	12:46	54	12:46