



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Jeffy Seapang

000: 1:12:02

00: 425

00: 25.50 km

Lorsch Triathlon

00000/000: 70 (of 354)

00000/0: 62 (of 254)

000000: 58:26

0000:

männliche AK 3 (TM 30)

00000: 10(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	10:42	21:23	16	3:55	103	3:55	0.50	10:42	21:23	31	3:55	255	3:55
Wechsel S -> R	-	2:55	-	21	1:34	131	2:55	0.50	13:37	27:14	31	5:29	255	5:29
Schwimmen 000	0.50	13:37	27:14	31	5:29	255	5:29	0.50	13:37	27:14	31	5:29	255	5:29
Rad netto	20.00	35:19	1:45	8	4:30	53	9:34	20.50	48:56	2:23	31	9:59	255	9:59
Wechsel R -> L	-	1:06	-	13	0:30	103	0:34	20.50	50:02	2:26	31	10:13	255	10:13
Rad 000	20.00	36:25	1:49	8	4:44	51	9:42	20.50	50:02	2:26	31	10:13	255	10:13
Lauf Ziel	5.00	22:00	4:24	18	5:13	78	5:13	25.50	1:12:02	2:49	10	13:36	62	13:36