



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Maximilian Lausch

000: 1:12:25

00: 350

00: 25.50 km

Lorsch Triathlon

00000/000: 75 (of 354)

00000/0: 67 (of 254)

000000: 58:26

0000:

männliche AK 3 (TM 30)

00000: 11(of 30)

0000000: 58:26

0000

0000

000

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	11:51	23:41	20	5:04	163	5:04	0.50	11:51	23:41	31	5:04	255	5:04
Wechsel S -> R	-	2:56	-	22	1:35	133	2:56	0.50	14:47	29:33	31	6:39	255	6:39
Schwimmen 000	0.50	14:47	29:33	31	6:39	255	6:39	0.50	14:47	29:33	31	6:39	255	6:39
Rad netto	20.00	35:09	1:45	7	4:20	50	9:24	20.50	49:56	2:26	31	10:59	255	10:59
Wechsel R -> L	-	1:13	-	18	0:37	130	0:41	20.50	51:09	2:29	31	11:20	255	11:20
Rad 000	20.00	36:22	1:49	7	4:41	50	9:39	20.50	51:09	2:29	31	11:20	255	11:20
Lauf Ziel	5.00	21:16	4:15	12	4:29	58	4:29	25.50	1:12:25	2:50	11	13:59	67	13:59