



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Jannis Ludwig

000: 1:12:53

00: 45

00: 25.50 km

Lorsch Triathlon

00000/000: 77 (of 354)

00000/0: 69 (of 254)

000000: 58:26

0000:

männliche AK 3 (TM 30)

00000: 12(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	11:04	22:07	17	4:17	114	4:17	0.50	11:04	22:07	17	4:17	115	4:17
Wechsel S -> R	-	2:36	-	12	1:15	94	2:36	0.50	13:40	27:19	16	5:32	102	5:32
Schwimmen 000	0.50	13:40	27:19	16	5:32	102	5:32	0.50	13:40	27:19	16	5:32	102	5:32
Rad netto	20.00	37:43	1:53	20	6:54	119	11:58	20.50	51:23	2:30	16	12:26	110	12:26
Wechsel R -> L	-	0:43	-	4	0:07	28	0:11	20.50	52:06	2:32	16	12:17	102	12:17
Rad 000	20.00	38:26	1:55	14	6:45	101	11:43	20.50	52:06	2:32	16	12:17	102	12:17
Lauf Ziel	5.00	20:47	4:09	7	4:00	42	4:00	25.50	1:12:53	2:51	12	14:27	69	14:27