



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Luca Grimm

000: 1:13:03

00: 317

00: 25.50 km

Lorsch Triathlon

00000/000: 80 (of 354)

00000/0: 72 (of 254)

000000: 58:26

0000:

männliche AK 3 (TM 30)

00000: 13(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	10:18	20:36	14	3:31	85	3:31	0.50	10:18	20:36	31	3:31	255	3:31
Wechsel S -> R	-	4:04	-	29	2:43	214	4:04	0.50	14:22	28:44	31	6:14	255	6:14
Schwimmen 000	0.50	14:22	28:44	31	6:14	255	6:14	0.50	14:22	28:44	31	6:14	255	6:14
Rad netto	20.00	37:14	1:51	15	6:25	109	11:29	20.50	51:36	2:31	31	12:39	255	12:39
Wechsel R -> L	-	1:21	-	24	0:45	155	0:49	20.50	52:57	2:34	31	13:08	255	13:08
Rad 000	20.00	38:35	1:55	15	6:54	106	11:52	20.50	52:57	2:34	31	13:08	255	13:08
Lauf Ziel	5.00	20:06	4:01	6	3:19	30	3:19	25.50	1:13:03	2:51	13	14:37	72	14:37