



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Knut Figaj

000: 1:13:27

00: 252

00: 25.50 km

Lorsch Triathlon

00000/000: 85 (of 354)

00000/0: 76 (of 254)

000000: 58:26

0000:

männliche AK 3 (TM 30)

00000: 14(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	8:26	16:52	3	1:39	12	1:39	0.50	8:26	16:52	31	1:39	255	1:39
Wechsel S -> R	-	2:52	-	19	1:31	125	2:52	0.50	11:18	22:36	31	3:10	255	3:10
Schwimmen 000	0.50	11:18	22:36	31	3:10	255	3:10	0.50	11:18	22:36	31	3:10	255	3:10
Rad netto	20.00	37:17	1:51	16	6:28	111	11:32	20.50	48:35	2:22	31	9:38	255	9:38
Wechsel R -> L	-	1:21	-	24	0:45	155	0:49	20.50	49:56	2:26	31	10:07	255	10:07
Rad 000	20.00	38:38	1:55	17	6:57	109	11:55	20.50	49:56	2:26	31	10:07	255	10:07
Lauf Ziel	5.00	23:31	4:42	23	6:44	112	6:44	25.50	1:13:27	2:52	14	15:01	76	15:01