



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Timon Figge

000: 1:14:25

00: 274

00: 25.50 km

Lorsch Triathlon

00000/000: 99 (of 354)

00000/0: 87 (of 254)

000000: 58:26

0000:

männliche AK 3 (TM 30)

00000: 16(of 30)

0000000: 58:26

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	10:01	20:02	10	3:14	70	3:14	0.50	10:01	20:02	31	3:14	255	3:14
Wechsel S -> R	-	3:00	-	24	1:39	142	3:00	0.50	13:01	26:02	31	4:53	255	4:53
Schwimmen 000	0.50	13:01	26:02	31	4:53	255	4:53	0.50	13:01	26:02	31	4:53	255	4:53
Rad netto	20.00	39:22	1:58	24	8:33	176	13:37	20.50	52:23	2:33	31	13:26	255	13:26
Wechsel R -> L	-	0:43	-	4	0:07	28	0:11	20.50	53:06	2:35	31	13:17	255	13:17
Rad 000	20.00	40:05	2:00	24	8:24	154	13:22	20.50	53:06	2:35	31	13:17	255	13:17
Lauf Ziel	5.00	21:19	4:15	13	4:32	59	4:32	25.50	1:14:25	2:55	16	15:59	87	15:59