



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

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Michel Degenhardt

000: 1:15:05

00: 248

00: 25.50 km

Lorsch Triathlon

00000/000: 106 (of 354)

00000/0: 93 (of 254)

000000: 58:26

0000:

männliche AK 3 (TM 30)

00000: 17(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	11:59	23:57	22	5:12	170	5:12	0.50	11:59	23:57	31	5:12	255	5:12
Wechsel S -> R	-	3:12	-	27	1:51	165	3:12	0.50	15:11	30:22	31	7:03	255	7:03
Schwimmen 000	0.50	15:11	30:22	31	7:03	255	7:03	0.50	15:11	30:22	31	7:03	255	7:03
Rad netto	20.00	37:09	1:51	14	6:20	107	11:24	20.50	52:20	2:33	31	13:23	255	13:23
Wechsel R -> L	-	1:46	-	28	1:10	217	1:14	20.50	54:06	2:38	31	14:17	255	14:17
Rad 000	20.00	38:55	1:56	18	7:14	117	12:12	20.50	54:06	2:38	31	14:17	255	14:17
Lauf Ziel	5.00	20:59	4:11	9	4:12	49	4:12	25.50	1:15:05	2:56	17	16:39	93	16:39