



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Tobias Kurz

000: 1:20:25

00: 289

00: 25.50 km

Lorsch Triathlon

00000/000: 185 (of 354)

00000/0: 158 (of 254)

000000: 58:26

0000:

männliche AK 1 (TM 20)

00000: 6(of 10)

0000000: 1:04:08

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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	8:59	17:57	2	0:34	27	2:12	0.50	8:59	17:57	11	0:34	255	2:12
Wechsel S -> R	-	4:17	-	10	2:44	229	4:17	0.50	13:16	26:32	11	3:18	255	5:08
Schwimmen 000	0.50	13:16	26:32	11	3:18	255	5:08	0.50	13:16	26:32	11	3:18	255	5:08
Rad netto	20.00	39:13	1:57	8	5:16	170	13:28	20.50	52:29	2:33	11	8:34	255	13:32
Wechsel R -> L	-	1:41	-	9	1:04	207	1:09	20.50	54:10	2:38	11	9:38	255	14:21
Rad 000	20.00	40:54	2:02	8	6:20	177	14:11	20.50	54:10	2:38	11	9:38	255	14:21
Lauf Ziel	5.00	26:15	5:15	8	6:39	177	9:28	25.50	1:20:25	3:09	6	16:17	158	21:59