



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

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Martin Walter

000: 1:19:31

00: 27

00: 25.50 km

Lorsch Triathlon

00000/000: 171 (of 354)

00000/0: 147 (of 254)

000000: 58:26

0000:

männliche AK 3 (TM 30)

00000: 24(of 30)

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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	10:13	20:26	13	3:26	81	3:26	0.50	10:13	20:26	13	3:26	81	3:26
Wechsel S -> R	-	3:16	-	28	1:55	172	3:16	0.50	13:29	26:57	14	5:21	95	5:21
Schwimmen 000	0.50	13:29	26:57	14	5:21	95	5:21	0.50	13:29	26:57	14	5:21	95	5:21
Rad netto	20.00	36:52	1:50	13	6:03	94	11:07	20.50	50:21	2:27	14	11:24	96	11:24
Wechsel R -> L	-	1:19	-	23	0:43	152	0:47	20.50	51:40	2:31	15	11:51	95	11:51
Rad 000	20.00	38:11	1:54	13	6:30	96	11:28	20.50	51:40	2:31	15	11:51	95	11:51
Lauf Ziel	5.00	27:51	5:34	27	11:04	203	11:04	25.50	1:19:31	3:07	24	21:05	147	21:05