



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

David Machoczek

000: 1:27:21

00: 249

00: 25.50 km

Lorsch Triathlon

00000/000: 271 (of 354)

00000/0: 209 (of 254)

000000: 58:26

0000:

männliche AK 3 (TM 30)

00000: 28(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	15:41	31:22	30	8:54	246	8:54	0.50	15:41	31:22	31	8:54	255	8:54
Wechsel S -> R	-	2:13	-	6	0:52	58	2:13	0.50	17:54	35:47	31	9:46	255	9:46
Schwimmen 000	0.50	17:54	35:47	31	9:46	255	9:46	0.50	17:54	35:47	31	9:46	255	9:46
Rad netto	20.00	45:32	2:16	28	14:43	236	19:47	20.50	1:03:26	3:05	31	24:29	255	24:29
Wechsel R -> L	-	0:36	-	1	-	5	0:04	20.50	1:04:02	3:07	31	24:13	255	24:13
Rad 000	20.00	46:08	2:18	28	14:27	231	19:25	20.50	1:04:02	3:07	31	24:13	255	24:13
Lauf Ziel	5.00	23:19	4:39	21	6:32	107	6:32	25.50	1:27:21	3:25	28	28:55	209	28:55