



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Lukas Lindemann

000: 1:20:38

00: 143

00: 25.50 km

Lorsch Triathlon

00000/000: 188 (of 354)

00000/0: 161 (of 254)

000000: 58:26

0000:

männliche AK 1 (TM 20)

00000: 7(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	13:15	26:30	10	4:50	210	6:28	0.50	13:15	26:30	10	4:50	255	6:28
Wechsel S -> R	-	3:43	-	5	2:10	193	3:43	0.50	16:58	33:55	10	7:00	209	8:50
Schwimmen 000	0.50	16:58	33:55	10	7:00	209	8:50	0.50	16:58	33:55	10	7:00	209	8:50
Rad netto	20.00	37:57	1:53	5	4:00	128	12:12	20.50	54:55	2:40	7	11:00	173	15:58
Wechsel R -> L	-	1:59	-	10	1:22	233	1:27	20.50	56:54	2:46	9	12:22	255	17:05
Rad 000	20.00	39:56	1:59	6	5:22	144	13:13	20.50	56:54	2:46	9	12:22	255	17:05
Lauf Ziel	5.00	23:44	4:44	4	4:08	120	6:57	25.50	1:20:38	3:09	7	16:30	161	22:12