



19. Lorsch Triathlon

Lorsch / 18.08.2024

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Julian Puppe

000: 1:03:10

00: 42

00: 25.50 km

Lorsch Triathlon

00000/000: 7 (of 354)

00000/0: 6 (of 254)

000000: 58:26

0000:

männliche AK 4 (TM 35)

00000: 1(of 29)

0000000: 1:03:10

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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	8:47	17:33	2	0:20	19	2:00	0.50	8:47	17:33	30	0:20	19	2:00
Wechsel S -> R	-	1:41	-	1	-	12	1:41	0.50	10:28	20:56	1	-	13	2:20
Schwimmen 000	0.50	10:28	20:56	1	-	13	2:20	0.50	10:28	20:56	1	-	13	2:20
Rad netto	20.00	33:20	1:40	1	-	16	7:35	20.50	43:48	2:08	1	-	10	4:51
Wechsel R -> L	-	0:59	-	7	0:11	81	0:27	20.50	44:47	2:11	1	-	13	4:58
Rad 000	20.00	34:19	1:42	1	-	17	7:36	20.50	44:47	2:11	1	-	13	4:58
Lauf Ziel	5.00	18:23	3:40	1	-	4	1:36	25.50	1:03:10	2:28	1	-	6	4:44