



19. Lorsch Triathlon

Lorsch / 18.08.2024

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Michael Goertz

000: 1:13:30

00: 137

00: 25.50 km

Lorsch Triathlon

00000/000: 87 (of 354)

00000/0: 78 (of 254)

000000: 58:26

0000:

männliche AK 4 (TM 35)

00000: 3(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	8:27	16:53	1	-	13	1:40	0.50	8:27	16:53	1	-	255	1:40
Wechsel S -> R	-	2:29	-	7	0:48	78	2:29	0.50	10:56	21:52	30	0:28	255	2:48
Schwimmen 000	0.50	10:56	21:52	30	0:28	255	2:48	0.50	10:56	21:52	30	0:28	255	2:48
Rad netto	20.00	39:02	1:57	16	5:42	162	13:17	20.50	49:58	2:26	30	6:10	255	11:01
Wechsel R -> L	-	1:41	-	23	0:53	207	1:09	20.50	51:39	2:31	30	6:52	255	11:50
Rad 000	20.00	40:43	2:02	17	6:24	174	14:00	20.50	51:39	2:31	30	6:52	255	11:50
Lauf Ziel	5.00	21:51	4:22	6	3:28	74	5:04	25.50	1:13:30	2:52	3	10:20	78	15:04