



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Christopher Metz

000: 1:13:44

00: 173

00: 25.50 km

Lorsch Triathlon

00000/000: 89 (of 354)

00000/0: 80 (of 254)

000000: 58:26

0000:

männliche AK 4 (TM 35)

00000: 4(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	9:47	19:33	5	1:20	58	3:00	0.50	9:47	19:33	30	1:20	58	3:00
Wechsel S -> R	-	1:58	-	2	0:17	37	1:58	0.50	11:45	23:30	30	1:17	255	3:37
Schwimmen 000	0.50	11:45	23:30	30	1:17	255	3:37	0.50	11:45	23:30	30	1:17	255	3:37
Rad netto	20.00	35:46	1:47	3	2:26	57	10:01	20.50	47:31	2:19	30	3:43	255	8:34
Wechsel R -> L	-	1:31	-	20	0:43	189	0:59	20.50	49:02	2:23	30	4:15	255	9:13
Rad 000	20.00	37:17	1:51	3	2:58	66	10:34	20.50	49:02	2:23	30	4:15	255	9:13
Lauf Ziel	5.00	24:42	4:56	15	6:19	142	7:55	25.50	1:13:44	2:53	4	10:34	80	15:18