



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Björn Kredel

000: 1:16:19

00: 311

00: 25.50 km

Lorsch Triathlon

00000/000: 126 (of 354)

00000/0: 110 (of 254)

000000: 58:26

0000:

männliche AK 4 (TM 35)

00000: 11(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	11:44	23:27	18	3:17	158	4:57	0.50	11:44	23:27	30	3:17	255	4:57
Wechsel S -> R	-	2:08	-	4	0:27	50	2:08	0.50	13:52	27:44	30	3:24	255	5:44
Schwimmen 000	0.50	13:52	27:44	30	3:24	255	5:44	0.50	13:52	27:44	30	3:24	255	5:44
Rad netto	20.00	37:50	1:53	13	4:30	125	12:05	20.50	51:42	2:31	30	7:54	255	12:45
Wechsel R -> L	-	0:58	-	6	0:10	76	0:26	20.50	52:40	2:34	30	7:53	255	12:51
Rad 000	20.00	38:48	1:56	10	4:29	113	12:05	20.50	52:40	2:34	30	7:53	255	12:51
Lauf Ziel	5.00	23:39	4:43	11	5:16	115	6:52	25.50	1:16:19	2:59	11	13:09	110	17:53