



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

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Daniel Kiefer

000: 1:19:21

00: 24

00: 25.50 km

Lorsch Triathlon

00000/000: 169 (of 354)

00000/0: 145 (of 254)

000000: 58:26

0000:

männliche AK 4 (TM 35)

00000: 14(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	10:59	21:57	12	2:32	112	4:12	0.50	10:59	21:57	30	2:32	113	4:12
Wechsel S -> R	-	3:08	-	15	1:27	159	3:08	0.50	14:07	28:14	14	3:39	124	5:59
Schwimmen 000	0.50	14:07	28:14	14	3:39	124	5:59	0.50	14:07	28:14	14	3:39	124	5:59
Rad netto	20.00	39:26	1:58	18	6:06	179	13:41	20.50	53:33	2:36	15	9:45	143	14:36
Wechsel R -> L	-	1:30	-	18	0:42	184	0:58	20.50	55:03	2:41	15	10:16	150	15:14
Rad 000	20.00	40:56	2:02	18	6:37	179	14:13	20.50	55:03	2:41	15	10:16	150	15:14
Lauf Ziel	5.00	24:18	4:51	14	5:55	135	7:31	25.50	1:19:21	3:06	14	16:11	145	20:55