



19. Lorsch Triathlon

Lorsch / 18.08.2024

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Dirk Ritzmann

000: 1:20:31

00: SSG Bensheim

00: 326

00: 25.50 km

Lorsch Triathlon

00000/000: 186 (of 354)

00000/0: 159 (of 254)

000000: 58:26

0000:

männliche AK 4 (TM 35)

00000: 17(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	12:16	24:32	19	3:49	178	5:29	0.50	12:16	24:32	30	3:49	255	5:29
Wechsel S -> R	-	3:00	-	14	1:19	142	3:00	0.50	15:16	30:32	30	4:48	255	7:08
Schwimmen 000	0.50	15:16	30:32	30	4:48	255	7:08	0.50	15:16	30:32	30	4:48	255	7:08
Rad netto	20.00	37:48	1:53	11	4:28	121	12:03	20.50	53:04	2:35	30	9:16	255	14:07
Wechsel R -> L	-	1:24	-	14	0:36	167	0:52	20.50	54:28	2:39	30	9:41	255	14:39
Rad 000	20.00	39:12	1:57	12	4:53	127	12:29	20.50	54:28	2:39	30	9:41	255	14:39
Lauf Ziel	5.00	26:03	5:12	22	7:40	173	9:16	25.50	1:20:31	3:09	17	17:21	159	22:05