



19. Lorsch Triathlon

Lorsch / 18.08.2024

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Harald Ernst

000: 1:23:39

00: Johannes-Diakonie Mosbach

00: 363

00: 25.50 km

Lorsch Triathlon

00000/000: 224 (of 354)

00000/0: 181 (of 254)

000000: 58:26

0000:

männliche AK 4 (TM 35)

00000: 19(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	13:06	26:11	22	4:39	205	6:19	0.50	13:06	26:11	30	4:39	255	6:19
Wechsel S -> R	-	3:48	-	22	2:07	199	3:48	0.50	16:54	33:47	30	6:26	255	8:46
Schwimmen 000	0.50	16:54	33:47	30	6:26	255	8:46	0.50	16:54	33:47	30	6:26	255	8:46
Rad netto	20.00	36:41	1:50	6	3:21	86	10:56	20.50	53:35	2:36	30	9:47	255	14:38
Wechsel R -> L	-	1:42	-	24	0:54	210	1:10	20.50	55:17	2:41	30	10:30	255	15:28
Rad 000	20.00	38:23	1:55	7	4:04	99	11:40	20.50	55:17	2:41	30	10:30	255	15:28
Lauf Ziel	5.00	28:22	5:40	27	9:59	209	11:35	25.50	1:23:39	3:16	19	20:29	181	25:13