



19. Lorsch Triathlon

Lorsch / 18.08.2024

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Alexander Schwan

000: 1:24:35

00: 231

00: 25.50 km

Lorsch Triathlon

00000/000: 239 (of 354)

00000/0: 189 (of 254)

000000: 58:26

0000:

männliche AK 4 (TM 35)

00000: 20(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	17:47	35:34	28	9:20	250	11:00	0.50	17:47	35:34	30	9:20	255	11:00
Wechsel S -> R	-	3:30	-	21	1:49	186	3:30	0.50	21:17	42:34	30	10:49	255	13:09
Schwimmen 000	0.50	21:17	42:34	30	10:49	255	13:09	0.50	21:17	42:34	30	10:49	255	13:09
Rad netto	20.00	36:26	1:49	4	3:06	74	10:41	20.50	57:43	2:48	30	13:55	255	18:46
Wechsel R -> L	-	1:29	-	17	0:41	179	0:57	20.50	59:12	2:53	30	14:25	255	19:23
Rad 000	20.00	37:55	1:53	5	3:36	85	11:12	20.50	59:12	2:53	30	14:25	255	19:23
Lauf Ziel	5.00	25:23	5:04	16	7:00	159	8:36	25.50	1:24:35	3:19	20	21:25	189	26:09