



19. Lorsch Triathlon

Lorsch / 18.08.2024

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Martin Ruppert

000: 1:24:59

00: 260

00: 25.50 km

Lorsch Triathlon

00000/000: 243 (of 354)

00000/0: 192 (of 254)

000000: 58:26

0000:

männliche AK 4 (TM 35)

00000: 22(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	10:21	20:41	9	1:54	88	3:34	0.50	10:21	20:41	30	1:54	255	3:34
Wechsel S -> R	-	3:57	-	23	2:16	208	3:57	0.50	14:18	28:36	30	3:50	255	6:10
Schwimmen 000	0.50	14:18	28:36	30	3:50	255	6:10	0.50	14:18	28:36	30	3:50	255	6:10
Rad netto	20.00	44:01	2:12	28	10:41	228	18:16	20.50	58:19	2:50	30	14:31	255	19:22
Wechsel R -> L	-	0:56	-	3	0:08	70	0:24	20.50	59:15	2:53	30	14:28	255	19:26
Rad 000	20.00	44:57	2:14	25	10:38	222	18:14	20.50	59:15	2:53	30	14:28	255	19:26
Lauf Ziel	5.00	25:44	5:08	20	7:21	169	8:57	25.50	1:24:59	3:19	22	21:49	192	26:33