



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Nico Kruczek

000: 1:25:56

00: 285

00: 25.50 km

Lorsch Triathlon

00000/000: 256 (of 354)

00000/0: 201 (of 254)

000000: 58:26

0000:

männliche AK 4 (TM 35)

00000: 23(of 29)

0000000: 1:03:10

0000

0000

000

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	12:48	25:36	21	4:21	196	6:01	0.50	12:48	25:36	30	4:21	255	6:01
Wechsel S -> R	-	3:57	-	23	2:16	208	3:57	0.50	16:45	33:30	30	6:17	255	8:37
Schwimmen 000	0.50	16:45	33:30	30	6:17	255	8:37	0.50	16:45	33:30	30	6:17	255	8:37
Rad netto	20.00	39:41	1:59	19	6:21	182	13:56	20.50	56:26	2:45	30	12:38	255	17:29
Wechsel R -> L	-	2:45	-	29	1:57	252	2:13	20.50	59:11	2:53	30	14:24	255	19:22
Rad 000	20.00	42:26	2:07	21	8:07	198	15:43	20.50	59:11	2:53	30	14:24	255	19:22
Lauf Ziel	5.00	26:45	5:20	25	8:22	186	9:58	25.50	1:25:56	3:22	23	22:46	201	27:30