



19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Marc Metka

000: 1:32:35

00: 320

00: 25.50 km

Lorsch Triathlon

00000/000: 307 (of 354)

00000/0: 227 (of 254)

000000: 58:26

0000:

männliche AK 4 (TM 35)

00000: 27(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	14:36	29:11	26	6:09	229	7:49	0.50	14:36	29:11	30	6:09	255	7:49
Wechsel S -> R	-	3:15	-	18	1:34	171	3:15	0.50	17:51	35:42	30	7:23	228	9:43
Schwimmen 000	0.50	17:51	35:42	30	7:23	228	9:43	0.50	17:51	35:42	30	7:23	228	9:43
Rad netto	20.00	44:49	2:14	29	11:29	231	19:04	20.50	1:02:40	3:03	30	18:52	255	23:43
Wechsel R -> L	-	1:08	-	11	0:20	112	0:36	20.50	1:03:48	3:06	30	19:01	255	23:59
Rad 000	20.00	45:57	2:17	29	11:38	230	19:14	20.50	1:03:48	3:06	30	19:01	255	23:59
Lauf Ziel	5.00	28:47	5:45	28	10:24	215	12:00	25.50	1:32:35	3:37	27	29:25	227	34:09