



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

0000

Christopher Schmidt

000: 1:33:20

00: 22

00: 25.50 km

Lorsch Triathlon

00000/000: 313 (of 354)

00000/0: 231 (of 254)

000000: 58:26

0000:

männliche AK 4 (TM 35)

00000: 28(of 29)

0000000: 1:03:10

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	18:02	36:04	29	9:35	252	11:15	0.50	18:02	36:04	30	9:35	252	11:15
Wechsel S -> R	-	4:08	-	26	2:27	216	4:08	0.50	22:10	44:20	29	11:42	252	14:02
Schwimmen 000	0.50	22:10	44:20	29	11:42	252	14:02	0.50	22:10	44:20	29	11:42	252	14:02
Rad netto	20.00	43:28	2:10	26	10:08	226	17:43	20.50	1:05:38	3:12	29	21:50	244	26:41
Wechsel R -> L	-	1:55	-	27	1:07	229	1:23	20.50	1:07:33	3:17	29	22:46	244	27:44
Rad 000	20.00	45:23	2:16	28	11:04	227	18:40	20.50	1:07:33	3:17	29	22:46	244	27:44
Lauf Ziel	5.00	25:47	5:09	21	7:24	171	9:00	25.50	1:33:20	3:39	28	30:10	231	34:54