



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Jörg, Manuel

000: 1:10:10

00: 34

00: 25.50 km

Lorsch Triathlon 0,5-20,0-5,0

0000:

männliche AK 3 (TM 30)

00000/000: 62 (of 353)

00000/0: 59 (of 269)

000000: 57:23

00000: 9(of 18)

0000000: 1:01:26

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	10:30	21:00	9	2:28	103	3:31	0.50	10:30	21:00	9	2:28	269	3:31
Wechsel S -> R	-	2:15	-	8	0:40	67	0:59	0.50	12:45	25:30	9	3:01	268	4:30
Schwimmen 000	0.50	12:45	25:30	9	3:01	268	4:30	0.50	12:45	25:30	9	3:01	268	4:30
Kontrolle Rad	6.00	11:13	1:52	9	1:56	75	1:59	6.50	23:58	3:41	9	4:24	268	5:15
Kontrolle Rad	8.00	13:20	1:40	6	1:33	40	1:33	14.50	37:18	2:34	9	5:32	267	5:43
Rad Ziel	6.00	9:48	1:38	6	1:15	39	1:15	20.50	47:06	2:17	9	6:18	268	6:27
Rad 0	20.00	34:21	1:43	1	25:48	1	25:48	20.50	47:06	2:17	9	6:18	268	6:27
Wechsel R -> L	-	0:48	-	6	0:10	48	0:16	20.50	47:54	2:20	9	6:26	268	6:35
Rad 000	20.00	35:09	1:45	6	4:44	43	4:44	20.50	47:54	2:20	9	6:26	268	6:35
Kontrolle Lauf	2.40	10:55	4:32	8	2:16	68	3:05	22.90	58:49	2:34	9	7:39	265	9:40
Lauf Ziel	2.60	11:21	4:21	8	2:29	62	3:07	25.50	1:10:10	2:45	9	8:44	59	12:47
Lauf 000	5.00	22:16	4:27	8	4:42	64	6:12	25.50	1:10:10	2:45	9	8:44	59	12:47