



# 16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Recio Huertas, Joaquin

000: 1:14:44

00: 158

00: 25.50 km

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

00000/000: 112 (of 353)

00000/0: 104 (of 269)

000000: 57:23

00000: 7(of 25)

0000000: 1:03:07

0000:

Senioren 1 (TM 40)

0000

0000

000

| 000            | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000<br>km | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50     | 11:20    | 22:40        | 15      | 3:27    | 150     | 4:21    | 0.50      | 11:20     | 22:40         | 26      | 3:27    | 269     | 4:21    |
| Wechsel S -> R | -        | 3:20     | -            | 19      | 1:54    | 208     | 2:04    | 0.50      | 14:40     | 29:19         | 26      | 5:02    | 268     | 6:25    |
| Schwimmen 000  | 0.50     | 14:40    | 29:19        | 26      | 5:02    | 268     | 6:25    | 0.50      | 14:40     | 29:19         | 26      | 5:02    | 268     | 6:25    |
| Kontrolle Rad  | 6.00     | 12:01    | 2:00         | 16      | 1:37    | 167     | 2:47    | 6.50      | 26:41     | 4:06          | 26      | 6:39    | 268     | 7:58    |
| Kontrolle Rad  | 8.00     | 14:45    | 1:50         | 14      | 1:50    | 164     | 2:58    | 14.50     | 41:26     | 2:51          | 26      | 8:29    | 267     | 9:51    |
| Rad Ziel       | 6.00     | 11:06    | 1:50         | 17      | 1:36    | 178     | 2:33    | 20.50     | 52:32     | 2:33          | 26      | 10:05   | 268     | 11:53   |
| Rad 0          | 20.00    | 37:52    | 1:53         | 1       | 28:22   | 1       | 29:19   | 20.50     | 52:32     | 2:33          | 26      | 10:05   | 268     | 11:53   |
| Wechsel R -> L | -        | 0:37     | -            | 1       | -       | 8       | 0:05    | 20.50     | 53:09     | 2:35          | 26      | 9:32    | 268     | 11:50   |
| Rad 000        | 20.00    | 38:29    | 1:55         | 13      | 4:30    | 155     | 8:04    | 20.50     | 53:09     | 2:35          | 26      | 9:32    | 268     | 11:50   |
| Kontrolle Lauf | 2.40     | 10:19    | 4:17         | 4       | 1:28    | 37      | 2:29    | 22.90     | 1:03:28   | 2:46          | 25      | 10:24   | 265     | 14:19   |
| Lauf Ziel      | 2.60     | 11:16    | 4:20         | 5       | 1:48    | 58      | 3:02    | 25.50     | 1:14:44   | 2:55          | 7       | 11:37   | 104     | 17:21   |
| Lauf 000       | 5.00     | 21:35    | 4:18         | 4       | 3:16    | 48      | 5:31    | 25.50     | 1:14:44   | 2:55          | 7       | 11:37   | 104     | 17:21   |